

Informal Care Givers Physical load and Their interest in Physical Ergonomics Training

Thursday, 30 January 2025 14:12 (12 minutes)

The most common biomechanical risk factors associated with work-related musculoskeletal disorders, were repetitive movements, working in altered, prolonged uncomfortable positions, and lifting heavy loads (da Costa BR, 2010), (Kuoppala J, 2008). Such positions are most commonly adopted by informal caregivers. Although it may sometimes be difficult to reduce the musculoskeletal (MSDK) disorder risk factors in the work environment, the application of proper ergonomics and various exercises can significantly impact the frequency of MSDK occurrences. (Shuai J, 2014), (McDonald M, 2011) (Comper ML, 2014).

It is important to determine whether informal caregivers have a need for specialized training to reduce the risk of developing musculoskeletal disorders. This survey of informal caregivers is a preliminary research process for a further dissertation on reducing ergonomic risks for informal caregivers.

Presenting author

Marika Briede

Primary authors: BRIEDE, Marika (University of Latvia); Prof. ROJA, Ženija (University of Latvia)

Co-author: Prof. KAĻKIS, Herijs (University of Latvia)

Presenter: BRIEDE, Marika (University of Latvia)

Session Classification: Improving life quality and resilience amid demographic shifts

Track Classification: General sessions: Improving life quality and resilience amid demographic shifts