

## MUSICIANS' ERGONOMIC WORKING ENVIRONMENT FACTORS AND THEIR LINKS TO MUSCULOSKELETAL SYSTEM DISORDERS

**Project implementation period:** 2014 -2015.

**Aim of the project:** To investigate musicians' ergonomic working environment factors and determine their links to musculoskeletal system disorders in Vilnius and Kaunas population. 2 tasks were set to reach the aim: 1. To investigate musicians' musculoskeletal system disorders and the subjective ergonomic working environment factors, and the links between them; 2. To investigate and assess musicians' ergonomic working conditions and their links to musculoskeletal system disorders.

**Methodology** Study type – quantitative, descriptive instantaneous. Target population – musicians working in state and municipal budgetary institutions in Vilnius and Kaunas, insured with compulsory health insurance. A continuous study will be conducted in selected institutions. The data will be gathered through surveying and direct monitoring. A questionnaire will be conducted to complete the first task. The questionnaire was prepared by us after studying the scientific literature in the field. The Standardised Nordic Musculoskeletal Questionnaire, aimed at assessing employees' complaints about pain (ache, discomfort) in different musculoskeletal system locations, will be used in the study. A direct monitoring study will be conducted for the second task. The RULA (Rapid Upper Limb Assessment) method was chosen to assess the workplace ergonomics of the people under investigation. The researcher himself or herself will distribute the questionnaires to the target population and will conduct the assessment with the help of persons employed in the institution. The prepared anonymous questionnaire will be distributed to each musician individually at their workplace. While providing the questionnaire to the employee, the researcher will fill out the employee's workplace assessment form at the same time. In accordance with the study results, proposals for the prevention of the complaints about musculoskeletal system disorders, suffered by musicians due to ergonomic risk factors, will be prepared. Information material for the improvement of occupational health specialists' qualification will be prepared.

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