

**ERGONOMIC RISKS ASSESSMENT OF PROFESSIONAL CLEANERS
AND JANITORIAL SERVICE PERSONNEL IN SELECTED PUBLIC
AND PRIVATE HOSPITALS IN UPLAND CAVITE**

THESIS

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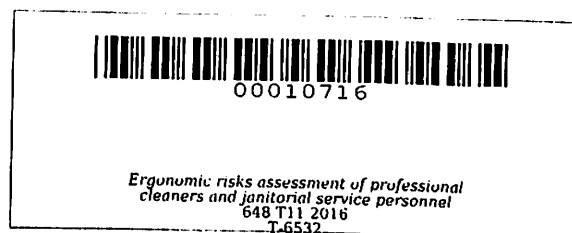
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**ERGONOMIC RISKS ASSESSMENT OF PROFESSIONAL CLEANERS AND
JANITORIAL SERVICE PERSONNEL IN SELECTED PUBLIC
AND PRIVATE HOSPITALS IN UPLAND CAVITE**

Undergraduate Thesis
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ABSTRACT

TARANG, ALJOHN P. and VILLETE, CLARENCE AERON E. Ergonomic Risk Assessment of Professional Cleaners and Janitorial Service Personnel in Selected Public and Private Hospitals in Upland Cavite. Undergraduate Thesis. Bachelor of Science in Industrial Engineering. Cavite State University, Indang, Cavite. April 2016. Adviser: Engr. Willie C. Buclatin.

The study was conducted to identify the ergonomic risk factors present in cleaning occupations in hospitals associated to musculoskeletal disorders. The personal attributes, work- related factors, cleaning occupation activities and working postures were analyzed with respect to the frequency and severity of stress symptoms on specified body parts to determine risk factors that permits the occurrences of musculoskeletal disorders.

Through survey questionnaires, ergonomic risk factors in cleaning occupation in hospitals were then identified. The total participants of the study were 60, which was composed of 30 female and 30 male cleaning workers obtained from selected public and private hospitals in upland Cavite.

Correlation analysis such as Somer's D was used to determine the degree of relationship between demographic profile, work- related factors, cleaning occupation frequency and duration, and working postures frequency and duration to the musculoskeletal symptoms.

The result of correlation analysis showed that demographic profile, work- related factors, cleaning occupation frequency and duration, and working postures frequency and duration were associated to musculoskeletal disorder symptoms. All parts of the body that were considered to the study were significantly affected by musculoskeletal disorder

symptoms such as strain, muscle pain, cramps and nerve tension which were all caused by ergonomic risk factors.

This study suggested standards and work practices that would lessen the intensity of musculoskeletal disorders as well as its impact to the performance of cleaning workers.

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INTRODUCTION

Cleaning can be described as removal of undesired dirt, dust, marks, stains and other extraneous materials from locations where they serve no useful purpose. A clean environment at workplaces enhances the feeling of well-being and it may be helpful to higher productivity, quality of work and job satisfaction. An unclean environment can lead to occupational accidents, and there is also a risk of exposure to biological irritants, which may contribute to the start of allergic reactions and respiratory ailments. Cleaning should be good and effective in order to create a hygienic work environment. Cleaning consists of different types of tasks such as dusting, mopping, sweeping, swabbing, vacuuming and buffing (Kumar, 2006).

Working in a clean environment has many benefits. It makes the employees happier and it also makes them safer too. No one wants to spend their work shift in a messy environment. This decreases the productivity levels in most employees and can really make them dread coming into work every day. When a company takes the extra