E-Poster

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Low Back Pain Among Textile Factories Workers In Marrakesh: Risk Factors and Preventive Measures

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Low back pain (LBP) significantly affects the occupational environment, especially as the primary cause of disability among working-age individuals. Its impact on musculoskeletal health within the Moroccan context, particularly among textile factory workers, is poorly understood. This study aimed to investigate the prevalence of LBP, identify associated risk factors, and recommend preventive strategies to help administrators implement effective measures for reducing its occurrence in occupational settings. We conducted a descriptive and analytical cross-sectional study among manual workers in textile factories in Marrakesh from 12 September 2022 to October 10, 2022. Two investigators administered a survey to gather data.

METHODS

The study involved 643 participants, predominantly female (97.7%). The mean age was 32.7 ± 9.5 years. A majority (n = 552) reported no medical history. We identified 212 cases of LBP, indicating a 12-month prevalence rate of 33%. Among those with LBP, 70.5% reported pain intensifying in the late afternoon, and 33.6% experienced mild discomfort during daily activities. LBP led to work interruptions in 24.5% of cases, averaging 4.8 days (up to 120 days). Furthermore, 36.2% perceived their lumbar pain as a significant daily hindrance.

RESULTS

The study identified several individual factors associated with LBP: advanced age, male gender, smoking, sedentary lifestyle, previous common back pain, lumbar spine trauma, prior LBP-related healthcare visits, elevated body mass index, and high body weight. Occupational risk factors included specific job positions (e.g., warehousing), heavy lifting, pushing heavy weights, prolonged standing or sitting, trunk flexion of 45 degrees, trunk rotation, static postures, and tenure in the factory. The mean weight of heavy items did not show a statistically significant association with LBP. Factors like working hours, rest periods, length of service, and regular position changes showed no significant association with LBP. Those without LBP had a longer average tenure than those with LBP (17.3 years *vs.* 10.5 years).

CONCLUSION

Low back pain is prevalent among textile workers in Marrakesh, with considerable medical and socio-professional consequences. This study highlights the correlation between LBP and various individual and occupational factors. The findings underscore the importance of tailored preventive measures to alleviate the burden of LBP on both individual well-being and occupational productivity.

Statement of Disclosures

None

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