

Assessment of ergonomic risks among refuse collectors in municipalities of Harare District, Zimbabwe

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Abstract

The study was carried to give a comprehensive overview of different types of ergonomic risks among refuse collectors at Chitungwiza Municipality of Harare District. Descriptive cross-sectional design was used to collect data during the study because it applies both quantitative and qualitative techniques. During the study data was collected using observations, questionnaires and interviews as well as secondary data sources. Generally, 100% of the refuse collectors who participated as questionnaire respondents indicated that they are exposed to musculoskeletal disorders notably muscular strain, shoulder pain and back injuries. Poor lifting techniques, manual loading of waste, awkward postures and carrying of heavy loads were indicated as factors which expose refuse collectors to ergonomic risks at Chitungwiza Municipality in Harare. Causes of ergonomic risks raised by the respondents of the study causes the paper to put attention on measures used to manage risks at the municipalities. Safety training, medical examination and induction were some of the measures used to manage ergonomic risks raised by the refuse collectors. Based on the findings of this research paper, several recommendations were provided notably, continuous training and education, regular health monitoring, improvement of work organisation and collaboration and stakeholder engagement.

Keywords: Zimbabwe, Ergonomic risks, Musculoskeletal disorders, Refuse collectors, Municipality and assessment