



شبكة المعلومات الجامعية

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ





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## التوثيق الالكتروني والميكرو فيلم

# جامعة عين شمس

التوثيق الالكتروني والميكرو فيلم

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بالرسالة صفحات  
لم ترد بالأصل

# **LOW BACK PAIN AMONG WORKERS IN GENERAL EGYPTIAN COMPANY FOR COMPONENTS OF RAILWAYS AT HELWAN**

Thesis

Submitted in Partial Fulfillment of the Master Degree in  
Community Health Nursing

By

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ الَّذِي هَدَانَا لِهَذَا وَمَا كُنَّا لِنَهْتَدِيَ لَوْلَا أَنْ هَدَانَا اللَّهُ

صدق الله العظيم

سورة الأعراف- الآية (٤٣)



DEDICATED TO MY FAMILY



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## **Low back pain among workers in General Egyptian Company for Components of Railways at Helwan**

**By**

**Eman Mahmoud Seif El Naser**

### **Abstract**

Low back pain is the most leading cause of disability in the industrialized world. So the aim of this study was to assess the problem of low back pain among workers in General Egyptian Company for Components of Railways at Helwan. Two hundreds of workers with low back pain recruited from the company. Data were collected through interviewing and measuring of weight and height. Results revealed that standing for long time was the main work demand. Herniated disk was the major (80%) prevalent health problem and bending with arched back was the commonly reported risk factor among workers. Statistical relation revealed a significant difference between age, body mass index, long sitting during work and herniated disk with frequency of low back pain. While lifting and carrying heavy loads and herniated disk were significantly related with intensity of low back pain. In conclusion the workers who experience low back pain were affected physically, psychologically, economically, socially and recreationally. This study recommended that trained occupational health nurse should be available and should have an active role in all health services activities for workers with low back pain. Other studies are needed to develop and apply health promotion and health education programs for the workers on work site about low back pain prevention.

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**Tags: Nursing master's thesis, Human.**

**Key words: Low back pain, Work characteristics, Risk factors.**

**The American Psychological Association (APA) style of writing manuscripts (1994) is adopted throughout this master's thesis.**



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