

Title	Standing, sitting and associated working conditions in the Quebec population in 1998
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Source	Ergonomics
Pub Date	2005
Keywords	Decision latitude; Musculoskeletal; Posture; Sitting; Standing; Walking.
Abstract	<p>Working posture is an important determinant of musculoskeletal and vascular health. Knowledge of the context and type of postures is necessary in order to examine their associations with health-related outcomes. This study describes self-reported usual working postures in a population and their associations with other working conditions and demographic variables. The 1998 Quebec Health and Social Survey is a population-based survey of 11,986 private households in the province of Quebec. It contained a self-administered questionnaire, including an extensive occupational health section. The analyses in this study were limited to respondents with paid employment who had at least 6 months seniority in their current job, comprising 9,425 subjects. The overall prevalence of usual work in a standing posture is 58%; it is more common among men, workers under 25 years, those in the two lowest educational quintiles and those with incomes under \$20,000 CAN. Only one person in six who works standing reports being able to sit at will. Women and men differ in the types of usual standing and sitting postures at work. Those who work standing and/or who work in more constrained postures are more likely to be exposed to other physical work demands, such as handling heavy loads, repetitive work, forceful exertion and low job decision latitude. The association between decision latitude and constrained postures is an important link between psychosocial and physical stressors in the workplace. In epidemiological studies, exposure covariation and interactions should be considered in the generation and interpretation of the associations between work postures and musculoskeletal disorders.</p>