

TABLE OF CONTENTS

CHAPTER	TITLE	PAGE
	DECLARATION	ii
	DEDICATION	iii
	ACKNOWLEDGEMENT	iv
	ABSTRACT	v
	ABSTRAK	vi
	TABLE OF CONTENTS	vii
	LIST OF TABLES	xi
	LIST OF FIGURES AND GRAPHS	xiii
	LIST OF ABBREVIATIONS	xiv
	LIST OF APPENDICIES	xvi
1	INTRODUCTION	1
	1.1 Background of research	1
	1.2 Problem statement	3
	1.3 Aim and objectives of the research	6
	1.4 Scope of the research	7
	1.5 Methodology in brief	7
	1.5.1 Phase 1: Introductory stage	9
	1.5.2 Phase 2: Literature review	9
	1.5.3 Phase 3: data collection	9
	1.5.4 Phase 4: Analysis of data and results	9
	1.5.5 Phase 5: Conclusion and recommendation	10

2	LITERATURE REVIEW	11
	2.1 Introduction	11
	2.2 Ergonomics	12
	2.2.1 History of Ergonomics	12
	2.2.2 Definition of Ergonomics	12
	2.2.3 Aim of Ergonomics science	15
	2.3 Ergonomic Risk Factors (ERFs)	16
	2.3.1 Physical risk factors	18
	2.3.1.1 Awkward postures	18
	2.3.1.2 Forceful exertions	21
	2.3.1.3 Repetition or frequency	23
	2.3.1.4 Duration	24
	2.3.1.5 Contact stress	24
	2.3.2 Environmental risk factors	25
	2.3.2.1 Extreme hot temperature	26
	2.3.2.2 Extreme cold temperature	26
	2.3.2.3 Vibration	27
	2.3.2.4 Noise	28
	2.3.2.5 Lighting	29
	2.3.3 Psychological and psychosocial risk factors	29
	2.3.3.1 Psychological risk factors	29
	2.3.3.2 Psychosocial risk factors	30
	2.4 Ergonomics in construction industry	34
	2.5 Ergonomics disorders	37
	2.5.1 Symptoms and Stages of disorders	41
	2.5.2 Common Ergonomics disorders	41
	2.5.2.1 Hand and wrist disorders	42
	2.5.2.2 Arm and elbow disorders	46
	2.5.2.3 Shoulder and neck disorders	47
	2.5.2.4 Leg and foot disorders	49
	2.5.2.5 Back disorders	49
	2.5.2.6 Noise disorders	50
	2.6 Injury prevention methods	53
	2.6.1 Efficient ergonomic worksite assessment	54

2.6.2	Factors affecting the success of injury prevention method	55
2.7	Elements of effective Ergonomics programs	56
2.7.1	Control of ERFs	59
2.7.1.1	Suitable engineering controls	59
2.7.1.2	Administrative (management) controls	61
2.7.1.3	Personal Protective Equipment (PPE)	62
2.7.1.4	Work practices	63
2.7.2	Injury management	64
2.7.3	Employee training and education	64
3	RESEARCH METHODOLOGY	70
3.1	Introduction	70
3.2	Research methodology phases	71
3.2.1	Phase 1: Introductory stage	71
3.2.2	Phase 2: Literature review	71
3.2.3	Phase 3: data collection	71
3.2.3.1	Respondents	72
3.2.3.2	Questionnaire outline	72
3.2.3.3	Interview	73
3.2.4	Phase 4: Analysis of data and results	73
3.2.4.1	Data analysis	73
3.2.4.2	Reliability test	74
3.2.4.3	Relative Importance Index (RII)	74
3.2.4.4	Risk assessment	75
3.2.5	Phase 5 - Conclusion and recommendation	78
4	DATA ANALYSIS AND DISCUSSION	79
4.1	Analysis of the questionnaire	79
4.1.1	Analytical results of respondent information	80
4.1.1.1	Respondents' gender	80
4.1.1.2	Respondents' age group	81
4.1.1.3	Respondents' organization	81
4.1.1.4	Respondents' designation	82
4.1.1.5	Respondents' years of experience	83

4.1.1.6	Respondent's project (Contract value)	83
4.1.1.7	Respondents' project (No. of employees)	84
4.1.2	Analytical results of ERFs and factors affecting Ergonomics injuries	85
4.1.2.1	Reliability test	85
4.1.2.2	Risk assessment of ERFs in building construction	85
4.1.2.3	Relative importance of factors affecting Ergonomics injuries	87
4.1.2.4	Suggestions to mitigate Ergonomics injuries	89
5	COGNITIVE WORK ANALYSIS IN CONSTRUCTION ERGONOMICS	
	DOMAIN	92
	5.1 Introduction	92
	5.2 Cognitive Work Analysis Phases	93
	5.2.1 Work Domain Analysis (WDA)	94
	5.2.1.1 Results of WDA in construction Ergonomics Domain	96
	5.2.2 Control Task Analysis (ConTA)	98
	5.2.2.1 Results of ConTA in construction Ergonomics Domain	99
	5.2.3 Strategies Analysis (SA)	101
	5.2.3.1 Results of SA in construction Ergonomics Domain	101
	5.2.4 Social Organization and Cooperation Analysis (SOCA)	103
	5.2.4.1 Results of SOCA in construction Ergonomics domain	104
	5.2.5 Worker Competencies Analysis (WCA)	106
	5.2.5.1 Results of WCA in construction Ergonomics domain	107
6	CONCLUSION AND RECOMMENDATIONS	109
	6.1 Introduction	109
	6.1.1 Achievement on objective 1	109
	6.1.2 Achievement on objective 2	110
	6.1.3 Achievement on objective 3	111
	6.1.4 Achievement on objective 4	111
	6.1.5 Achievement on objective 5	112
	6.2 Recommendation	112
	REFERENCES	113
	APPENDIX A	124

LIST OF TABLES

TABLE NO.	TITLE	PAGE
2.1	Ergonomics definition	14
2.2	Ergonomics definition	14
2.3	Evaluating Posture	20
2.4	Evaluating for Force	22
2.5	Evaluating for Repetition and Recovery Time	24
2.6	Ergonomics risk factors (ERFs)	32
2.7	Summary of Researches on Ergonomics illnesses and risk factors	33
2.8	Construction tasks and Ergonomic risks	36
2.8	Construction tasks and Ergonomic risks (cont...)	37
2.9	Ergonomics disease and body parts affected	52
2.10	Factors affecting Ergonomics injuries	67
2.11	Summary of Researches on Application of the Ergonomics programs	68
2.11	Summary of Researches on Application of the Ergonomics programs (cont...)	69
3.1	Classification of frequency and severity Rating Scale	73
3.2	Cronbach's Alpha value	74
3.3	Risk matrix of construction safety and health hazard	77
3.4	Priority according to ranges of risk level	78
4.1	Values of Cronbach's Alpha for Section B, C and D of questionnaire	85
4.2	Ranked Ergonomic Risk Factors in order of risk level	86
4.2	Ranked Ergonomic Risk Factors in order of risk level (cont...)	87
4.3	Ranking of factor affecting Ergonomics injuries	88
4.4	Suggestions to mitigate Ergonomics injuries	89

4.4	Suggestions to mitigate Ergonomics injuries (cont...)	90
4.4	Suggestions to mitigate Ergonomics injuries (cont...)	91
5.1	CWA's phases and associated boundaries	93

LIST OF FIGURES AND GRAPHS

FIGURE NO.	TITLE	PAGE
1.1	Estimated rates of new cases of self-reported work-related illness	4
1.2	New cases of self-reported work-related illness	5
1.3	Number of occupational diseases, Social Security Organization	6
1.4	Research methodology	8
2.1	Holistic outline of Ergonomic Risk factors	17
2.2	Aspects affecting WMSDs of the construction workers	54
2.3	Home exercise program	63
3.1	A basic view of the risk management process	75
3.2	Risk-Based Technology Methods	76
3.3	Safety impact assessment routine	77
4.1	Respondents' gender	80
4.2	Respondents' age group	81
4.3	Respondents' Organization	81
4.4	Respondents' designation	82
4.5	Respondents' years of experience	83
4.6	Respondent's project (Contract value)	83
4.7	Respondents' project (No. of employees)	84
5.1	Work Domain Analysis	97
5.2	Control Task Analysis	100
5.3	Strategies Analysis	102
5.4	Social Organization and Cooperation Analysis	105
5.5	Worker Competencies Analysis	108

LIST OF ABBREVIATIONS

ABBREVIATIONS	FULLNAME
OSHA	Occupational Safety and Health Administration
IDCs	Industrial Developing Countries
NIOSH	National Institute of Occupational Safety and Health
IEA	International Ergonomics Association
SOCSSO	Social Security Organization
WRMDs	Work-related musculoskeletal disorders
CTDs	Cumulative Trauma Disorders
BLS	Bureau of Labor Statistics
MSDs	Musculoskeletal Disorders
HSE	Health and Safety Executive
WRMSDs	Work Related Musculoskeletal Disorders
ERFs	Ergonomics Risk Factors
CWA	Cognitive Work Analysis
SHOs	Safety and Health Officers
SPSS	Statistical Package for Social Science
EPA	European Productivity Agency
CTS	Carpal Tunnel Syndrome
UV	Ultra Violet
WBV	Whole Body Vibration
RSIs	Repetitive Strain Injuries

RMI	Repetitive Motion Injuries
ILO	International Labor Office
OCDs	Occupational Cervicobrachial Disorders
UEMSDs	Upper-Extremity Musculoskeletal Disorders
HAVS	Hand-Arm Vibration Syndrome
LBP	Low back pain
LWB	Lightweight block
AAC	Autoclaved Aerated Concrete
PPE	Personal protective equipments
HAV	Hand arm Vibration
RII	Relative Importance Index
RBTs	Risk-based technologies
DOSH	Department of Safety and Health
ACS	Automatic Climbing System
SCC	Self Compacting Concrete
WDA	Work Domain Analysis
ConTA	Control Task Analysis
SA	Strategies Analysis
SOCA	Social Organization and Cooperation Analysis
WCA	Worker Competencies Analysis
AH	Abstraction Hierarchy
SBB	Skill-Based Behavior
RBB	Rule-Based Behavior
KBB	Knowledge-based behavior

LIST OF APPENDICES

APPENDIX	TITLE	PAGE
A	Questionnaire	124