

The association of musculoskeletal complaints and individual and work-related factors with work ability in Chilean white-collar and blue-collar workers

Soto-Rodríguez, F.J.
Pérez-Mármol, J.M.
Bascour-Sandoval, C.
Muñoz-Poblete, C.
Marzuca-Nassr, G.N.

Abstract

Objective. The maintenance of good work ability has proven to have a positive effect on health, quality of work and productivity. There is little evidence regarding the association between musculoskeletal complaints, individual and work-related factors, and work ability in blue-collar and white-collar workers. **Methods.** A cross-sectional study of hospital and university workers (n = 360) was performed to determine the association between musculoskeletal complaints, individual and work-related factors, and work ability; two multiple linear regression models were created. **Results.** In white-collar workers, musculoskeletal complaints of the dorsal/lumbar region ($\beta = -0.259$) and the wrist/hand segment ($\beta = -0.151$) were significantly associated with reduced work ability. A higher body mass index ($\beta = -0.227$) was also negatively associated with the dependent variable. In blue-collar workers, musculoskeletal complaints of the dorsal/lumbar region ($\beta = -0.317$) and the elbow/forearm segment ($\beta = -0.171$) were significantly associated with lower work ability. Increased age ($\beta = -0.204$) was associated with reduced work ability in this group. No significant correlations were found between work-related factors and work ability. **Conclusions.** Musculoskeletal complaints and individual factors, but not work-related factors, are associated with work ability in Chilean blue-collar and white-collar workers. Nevertheless, the variables that explain the change in work ability are different between these groups.

Author keywords

blue-collar worker
musculoskeletal complaint
white-collar worker
work ability
work-related factor