

ABSTRACT

SPINAL AND REFERRED PAIN IN FREE ZONE WORKERS AS RELATED TO WORKING ENVIRONMENT IN GARMENT FACTORIES IN KINGSTON AND MONTEGO BAY

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The aim of this study is to identify variables related to spinal and referred pain, leading to loss production time, in two garment factories in the Kingston and Montego Bay free zones.

A B Kid Wear garment factory in Kingston and Sports Wear 1 garment factory in Montego Bay were selected through simple random sampling. Twenty nine employees from A B Kid Wear and 97 from Sports Wear 1 were also randomly selected for the study. The data required were obtained by questionnaire.

A great proportion of workers reported being affected by spinal and referred pain. The working environment at both factories were found to be similar. The occupational health practices were not found to be health promoting. Thus, the prevalence of spinal and referred pain affected production negatively, resulting in much absenteeism from work, further associated with decreased production.

The need for the implementation of an occupational health education programme was the major factor identified. The implementation of such a

programme would positively impact on spinal and referred pain, absenteeism and decreased production.