Abstract

BACKGROUND: Most of the available instruments aimed to assess risk exposure associated with work-related musculoskeletal disorders were originally developed in English, which makes their use difficult in countries such as Brazil. OBJECTIVE: To test the clinimetric properties of the Quick Exposure Check (QEC) instrument previously adapted into Brazilian-Portuguese. METHOD: The original version of the QEC was translated and cross-culturally adapted into Brazilian-Portuguese and tested with 107 workers in two sectors of a textile factory. The internal consistency and construct validity were tested using only baseline values from the participants while reproducibility (reliability and agreement) was evaluated in a test-retest design with a seven-day interval. RESULTS: The adapted version presented appropriate levels of internal consistency (Cronbach’s α=0.76); moderate intra-observer reliability (ICCs ranging from 0.41 to 0.60); moderate to substantial inter-observer reliability (ICCs ranging between 0.62 and 0.86). The standard error of the measurement (SEM) ranged from 8.3 to 11.2 points. Moderate levels of construct validity (Pearson’s r=0.38) were observed. CONCLUSIONS: The Brazilian version of the QEC has appropriate clinimetric properties for measuring different levels of exposure to ergonomics risk factors and can now be used by Brazilian researchers and Occupational Health professionals.

Keywords

Risk assessment, ergonomics, reproducibility, validity, physical therapy.