Abstract

Objective: evaluate the degree of biomechanical risk regarding (the static postural load) and musculoskeletal disorders perception of administrative staff at a University in Bogotá between July and November 2013. Methods: a sample of 96 employees of the University population; Those with a permanent position held in VDT video terminals, data on perception of musculoskeletal disorders arise from the application of the Nordic Questionnaire and the ergonomic risk degree of implementing the RULA. Results: the results obtained after applying the Nordic Questionnaire show a presence of discomfort or pain in any body part with an increase in Final Prevalence (PF) and the incidence (I), segments with greater presence of symptoms were: lower back, upper back, neck, hand and right wrist. The results of application of the RULA method indicate an excessive postural load there were no acceptable positions in workers (all scores 3). Segments with higher scores were: wrist, wrist rotation, forearm and neck. Conclusion: the results suggest the existence of an association between static postural loading and perceived discomfort level lower limbs in university administrative.

Keywords
Musculoskeletal Disorders (DME), VDT, Nordic Questionnaire, RULA.