Abstract

Objective. This article presents the results of the assessment of psychosocial risk factors within and outside the working environment, and the physical and psychological manifestations associated with job stress, conducted at a food industry in the city of Cali, Colombia.

Method. Descriptive, non-experimental and cross-sectional research was carried out. Information was collected by means of the accident-related bio-psychosocial risk instrument developed by Renteria, Fernandez, Tenjo and Uribe (2008) and adapted by Zuniga (2009), which was applied to all employees (43 subjects 72% female, and 28% male), consisting of operational and administrative staff.

Results. The results indicated stress-related manifestations of a physical and psychological nature among the workers, and what was seen to be exposure to psycho-social risk factors, especially with regard to working conditions, availability of resources, management on the part of their superiors, a heavy workload, and a lack of training and occupational health programs.

Conclusion. These results support the call for academic, legal and other related institutions to attend to the need for occupational health care in food industries, which have been neglected in comparison with other economic sectors in the country, such as health and education, possibly because the social impact they generate is not as visible as the other two.

Keywords

Occupational health, risk factors, stress at work, food industry.