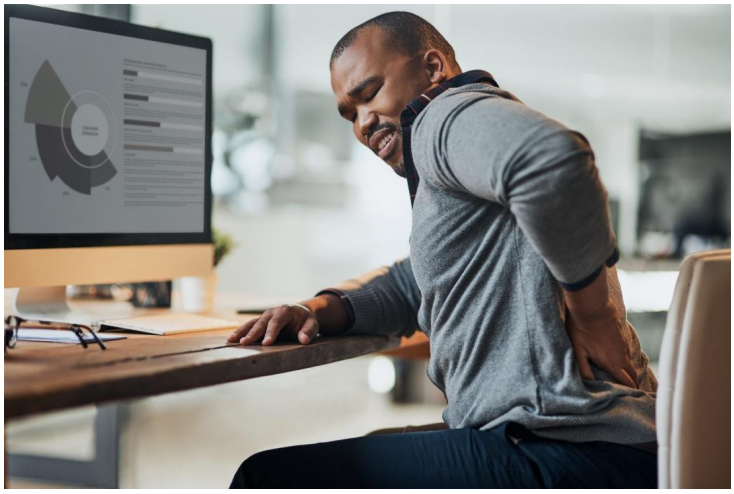
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76% workforce suffers from work-related musculoskeletal disorders: Godrej study

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Through this study, Godrej Interio has suggested a systematic and structured approach to ergonomics training that could reduce the risk of WMSDs among office goers



Godrej & Boyce, the flagship company of the Godrej Group, has announced that its business Godrej Interio, India's leading furniture solutions brand, in home and institutional segments, has published the findings of an exclusive study titled 'Work-Related Musculoskeletal Disorders in Employees' (WMSDs).

To understand the employee expectations and concerns in the hybrid work model, the Workspace & Ergonomics Research Cell at Godrej Interio conducted a nation-wide study that uncovers different aspects such as employees' concerns related to body pain while working, incorrect work tool integration, and views on long work hours and static muscle load in office.

A total of 500 office-going employees participated in the research in the age group 21–40 years, most of them, working for MNCs and Indian corporates.

According to the study, WMSDs are becoming a growing concern due to their impact on employee productivity and well-being. According to the Centers for Disease Control and Prevention, Musculoskeletal disorders (MSDs) are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs. However, WMSDs are conditions in which the work environment and the tasks performed at work significantly worsen the condition, especially if it persists for an extended period of time.

91% of workers are not fully aware of the workplace factors that can endanger their health and cause the onset of WMSDs (Work-Related Musculoskeletal Disorders) while 82% of employees reported concerns related to body pain while working from home.