

List of References

- Ahmad, A., Iqbal, M., Shabbir, F., & Ali, A. (2023). Ergonomic risk factors and musculoskeletal disorders among nurses: A cross-sectional study in a tertiary care hospital. *Rehabilitation Nursing*, 48(6), 293–302.
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50(2), 179–211.
- Ajzen, I. (2020). *Attitudes, personality, and behavior* (2nd ed.). Open University Press.
- Alghadir, A. H., Zafar, H., Iqbal, Z. A., & Al-Eisa, E. S. (2021). Work-related musculoskeletal disorders among healthcare providers in Saudi Arabia. *Work*, 68(4), 779–786.
- Andersen, L. L., Vinstrup, J., & Jakobsen, M. D. (2019). Physical workload and musculoskeletal disorders in healthcare workers. *Applied Ergonomics*, 81, 102888.
- Ayvaz, A., Kisa, S., & Kisa, A. (2023). Prevalence of musculoskeletal disorders among nurses and ergonomic interventions: A review. *Journal of Clinical Nursing*, 32(1–2), 113–124.
- Choi, S. D., Brings, K., & Kendall, E. (2023). Organizational support for nurse ergonomics in hospital settings. *Journal of Occupational and Environmental Hygiene*, 20(1), 27–36.
- Czuba, L. R., Sommerich, C. M., Lavender, S. A., & Marras, W. S. (2012). Ergonomic practices and musculoskeletal injuries in hospitals. *Journal of Safety Research*, 43(1), 1–10.
- David, G., Woods, V., Li, G., & Buckle, P. (2008). The development of the Quick Exposure Check (QEC) for assessing exposure to risk factors for work-related musculoskeletal disorders. *Applied ergonomics*, 39(1), 57–69.
- Farhang Dehghan, S., Hasheminejad, N., & Samaei, S. E. (2019). Evaluation of physical risk factors and musculoskeletal disorders among nurses. *Applied Ergonomics*, 75, 50–55.
- Gangopadhyay, S., & Dev, S. (2014). Ergonomic challenges in healthcare: A focus on nursing. *Indian Journal of Occupational and Environmental Medicine*, 18(2), 58–65.
- Ganiyu, S. O., Kehinde, A. O., & Oluwafemi, O. O. (2020). Musculoskeletal pain and work-related risk factors among nurses. *International Journal of Occupational Safety and Ergonomics*, 26(4), 662–668.
- Gerbaudo, L., & Violante, F. (2008). Back pain in healthcare workers: Prevention and training needs. *Work*, 30(1), 67–71.

- Gholami, A., Alipour, A., & Vahedian, M. (2014). Evaluation of ergonomic posture by RULA and its relationship with MSDs in nurses. *Iranian Journal of Public Health*, 43(1), 20–26.
- Goswami, T. G., Saha, A., & Sarkar, B. (2021). Importance of ergonomic awareness in healthcare workers. *International Journal of Health Sciences and Research*, 11(2), 59–64.
- Hochhauser, M., & Liberman, E. (2024). Health status and ergonomics education: A comparison between student nurses and first-year nursing staff. *Nursing open*, 11(7), e2239.
- Kay, K., & Glass, N. (2011). Debunking the manual handling myth: an investigation of manual handling knowledge and practices in the Australian private health sector. *International journal of nursing practice*, 17(3), 231–237.
- Kim, J., Lee, H., & Park, J. (2021). Effect of ergonomic training programs on nurses' health. *Journal of Nursing Education and Practice*, 11(1), 112–120.
- Luan, H., Ding, X., & Luo, J. (2021). Prevalence and risk factors of MSDs among hospital nurses. *Occupational Medicine*, 71(5), 202–208.
- Maria, R., Johnson, A., & Lee, D. (2017). Ergonomic risk evaluation in patient care. *International Journal of Ergonomics*, 23(4), 215–224.
- McAtamney, L., & Corlett, E. N. (2004). RULA: A survey method for the investigation of work-related upper limb disorders. *Applied Ergonomics*, 25(2), 91–99.
- Mehta, R. K., Shah, P., & Kulkarni, S. (2021). Barriers and facilitators in implementing ergonomic practices. *Workplace Health & Safety*, 69(4), 150–158.
- Namwongsa, S., Sonchaeng, K., & Incharoen, S. (2022). Effectiveness of ergonomic training among healthcare professionals in Thailand. *Journal of Health Research*, 36(5), 807–817.
- Nguyen, M., Lee, S. H., & Lee, H. J. (2021). Self-efficacy in ergonomics and its role in injury prevention among nurses. *International Journal of Nursing Practice*, 27(2), e12900.
- Park, J. H., Kim, J. H., & Kwon, Y. S. (2020). The impact of ergonomic interventions on musculoskeletal symptoms among hospital nurses. *Journal of Occupational Health*, 62(1), e12136.
- Rasti, M., Rahman, A., & Sadeghi, M. (2016). Manual patient handling risk among nurses. *Health Promotion Perspectives*, 6(3), 131–136.
- Rogers, B., Buckheit, K., & Ostendorf, J. (2013). Ergonomics and safe patient handling. *Workplace Health & Safety*, 61(10), 429–434.

- Samaei, S. E., Hasheminejad, N., & Farhang Dehghan, S. (2017). Risk assessment of low back pain in nurses. *International Journal of Occupational Health and Safety*, 7(2), 109–117.
- Samaei, S. E., Mostafaei, M., & Aminian, O. (2015). Evaluation of ergonomic risks in nursing work using MAPO and PTAI indices. *International Journal of Occupational Safety and Ergonomics*, 21(3), 372–378.
- Saremi, M., & Khayati, F. (2022). Impact of ergonomic training and support equipment on nursing injuries. *Iranian Occupational Health Journal*, 19(3), 102–110.
- Sharma, R., & Singh, N. (2021). Review on NIOSH lifting equation and its application in the healthcare sector. *Safety and Health at Work*, 12(1), 1–10.
- Sheikhzadeh, A., Gore, C. J., & Zuckerman, J. D. (2009). The perioperative work environment and musculoskeletal injuries. *Journal of PeriAnesthesia Nursing*, 24(4), 233–238.
- Sousa, A. D., Baixinho, C. L., Presado, M. H., & Henriques, M. A. (2023). The Effect of Interventions on Preventing Musculoskeletal Injuries Related to Nurses Work: Systematic Review. *Journal of personalized medicine*, 13(2), 185.
- Thinkhamrop, W., Phajan, T., & Thinkhamrop, B. (2017). Occupational hazards among nurses in Southeast Asia. *Asian Journal of Nursing Education and Research*, 7(1), 41–45.
- Tinubu, B. M. S., Mbada, C. E., Oyeyemi, A. L., & Fabunmi, A. A. (2010). Work-related musculoskeletal disorders among nurses in Ibadan, South-west Nigeria: A cross-sectional survey. *BMC Musculoskeletal Disorders*, 11, 12.
- Wang, M. H., Chen, Y. L., & Chiou, W. K. (2019). Using the OVAKO working posture analysis system in cleaning occupations. *Work (Reading, Mass.)*, 64(3), 613–621.
- Yazdanirad, S., Pourtaghi, G., Raei, M., & Ghasemi, M. (2022). Development of modified rapid entire body assessment (MOREBA) method for predicting the risk of musculoskeletal disorders in the workplaces. *BMC musculoskeletal disorders*, 23(1), 82.
- Zakerian, S. A., & Subramaniam, I. D. (2021). Ergonomic improvements and nursing health outcomes. *Occupational Medicine Quarterly*, 8(3), 175–183.