

**EVALUATING AWARENESS AND PRACTICES OF
NURSES REGARDING ERGONOMIC RISK FACTORS IN
MANUAL PATIENT HANDLING**

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DECLARATION

I declare that this is my own work and this thesis or dissertation does not incorporate without acknowledgement any material previously submitted for a degree or diploma in any other university or institute of higher learning and to the best of my knowledge and belief it does not contain any material previously published or written by another person except where the acknowledgement is made in the text. I retain the right to use this content in whole or part in future works (such as articles or books)

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The above candidate has carried out research for the Master's dissertation under my supervision. I confirm that the declaration made above by the student is true and correct.

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Name of the Supervisor

Signature

Date

Abstract

This study aims at investigating the level of awareness, attitudes, and knowledge of nurses regarding ergonomic risk factors associated with manual patient handling in hospital settings in Sri Lanka. Given the high prevalence of work-related musculoskeletal disorders (WMSDs) among nurses, particularly due to repetitive lifting, awkward postures, and lack of ergonomic training, this research aims to assess nurses' understanding of these risks and the application of ergonomic best practices. Using a quantitative approach, data was collected through a structured questionnaire from a stratified random sample of nursing staff. Statistical analysis was conducted using SPSS software, employing one-way ANOVA and simple linear regression to examine relationships between variables. The findings revealed a high prevalence of musculoskeletal symptoms, particularly back, neck, and shoulder pain, among nurses. Despite moderate awareness of ergonomic principles, actual usage of assessment tools such as Rapid Upper Assessment Tool and the National Institute of Occupational Safety and Health lifting equation remained low. Regression results highlighted that nurses' self-efficacy had the strongest positive influence on the adoption of ergonomic practices, followed by attitudes and subjective norms. The study emphasizes the need for enhanced ergonomic training, institutional support, and policy-level interventions to promote safer patient handling practices and reduce occupational injuries in nursing professionals.

Key words: Musculoskeletal disorders, Ergonomic risk factors, Subjective norms, Self-efficacy

DEDICATION

“To my Mother”

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LIST OF ABBREVIATIONS

Description	Abbreviation
Musculoskeletal Disorders	MSDs
Rapid Entire Body Assessment	REBA
Rapid Upper Limb Assessment	RULA
Low Back Pain	LBP
Theory of Planned Behavior	TPB
Work Related Musculoskeletal Disorders	WRMDs

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