

ÁGRIP

Gott vinnumhverfi og góð vinnuaðstaða er öllum mikilvæg ekki síst kúabændum sem sinna mjöltum 365 daga ársins, bæði kvölds og morgna. Vinnumhverfi mannsins er ekki alltaf hannað með þarfir hans og vellíðan að leiðarljósi og getur því reynst heilsuspillandi. Reynt er að draga úr því með íslenskum lögum um aðbúnað, hollustuhætti og öryggi á vinnustöðum. Rannsóknir hafa farið fram á vinnumhverfi nokkurra starfstétta á Íslandi en engin á vinnumhverfi bænda. Slíkt hefur þó verið gert erlendis og sýnt fram á að stoðkerfisverkir og aðrir atvinnutengdir kvillar hrjá þá ekki síður en aðrar stéttir. Markmið þessarar rannsóknar var að kanna vinnumhverfi bænda við mjaltir í þrem mismunandi gerðum fjósa, beitingu þeirra við vinnu og verki frá stoðkerfi. Hugmyndafræðin sem stýrði rannsókninni var líkanið um iðju mannsins. Í úrtakinu voru 12 einstaklingar sem bjuggu á sex bændabýlum í Mýra- og Borgarfjarðarsýslu. Þátttakendur voru valdir úr þýðinu með lagskiptu markvissu úrtaki til að endurspegla dæmigerðar, hliðstæðar aðstæður í hverju lagi og var meginðlegri rannsóknaraðferð beitt. Matstækið var þríþætt, spurningarlisti um bakgrunn, umhverfi og verki, gátlisti við mælingar á umhverfi og Norræna matskerfið sem er mat á hættu á sjúkdómum vegna líkamsbeitingar. Við skráningu gagna var hugbúnaðurinn Statistical Package for the Social Sciences (SPSS) notaður. Lýsandi tölfræði var beitt. Niðurstöður sýndu að lausagöngufjós með mjaltabás býður upp á betri skilyrði fyrir rétta líkamsbeitingu og ef kynin eru borin saman hafa konur meiri tilhneigingu til að fá verki en karlar.

Lykilorð: Vinnuvistfræði, álagseinkenni, líkamsbeiting og fjósgerð.

ABSTRACT

A favourable working environment and good working conditions are important to everybody, not least to dairy farmers who milk their cows twice a day for 365 days a year. Human working environment is not always designed with people's needs and well-being in mind and may at times prove detrimental to their health. Icelandic law on working conditions, hygiene and safety in the workplace are put forward to alleviate this risk. Icelandic working conditions some trades, vocations and professions have been studied but none regarding farmers. This, however, has been carried out in other countries where it has been shown that musculoskeletal disorder and other work-related ailments afflict farmers no less than others. The aim of this study was to examine the working conditions of dairy farmers in three different types of cow sheds, the functional body positions at the job in the light of physical stress and musculoskeletal pain. The theory guiding study was The Model of Human Occupation. Data were collected from 12 dairy farmers living on six farms in the Districts of Mýrasýsla and Borgarfjarðarsýsla, West Iceland. The sample was stratified by three types of cow sheds and convenience sample. Quantitative research method was applied. The evaluation tool used were composed of three different methods, a Questionnaire about background of the subjects, their environment and pains experienced, a Checklist used for measurements the environmental facts, and the Ergonomics for Prevention of Musculoskeletal Disorders of hazardous body positions at the job [Áhættumat - Norræna matskerfið]. For the recording of data the software "Statistical Package for the Social Sciences" (SPSS) was used. Descriptive statistics was applied. The findings revealed that female farmers have a higher prevalence of pain symptoms compared to male farmers. Female farmers are affected in more areas than males are, for instance in their shoulders, arms, the lumbar region and the hips. Male farmers mostly experience physical pain in the lumbar region and the upper parts of their bodies such as in the neck, back of the head, hands and fingers. When the different cow sheds are compared, it

emerges that those who work in traditional stall floor milking and who make use of auxiliary equipment experience least pain. The study demonstrates how important it is for the dairy farmers have good working facilities and they should good functional body position at work and leisure.

Key concepts: Ergonomics, strain symptoms, functional body positions, and types cow sheds.