

Musculoskeletal Disorders Among Bus Drivers At “Alsouq Almarkazi, And Islamic Center Khartoum ” 2018

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Abstract:

Musculoskeletal disorders (MSDs) are a common occupational health problem among professional drivers. This descriptive cross-sectional community-based study assessed the prevalence and risk factors of MSDs among 131 bus drivers working at *Alsouq Almarkazi* and the Islamic Center in Khartoum in 2018. Data were collected using structured interviews and the standardized Nordic Musculoskeletal Questionnaire. Drivers were predominantly male, with most working long hours (up to 12 hours daily) and more than half driving seven days a week. Nearly one-third had over 30 years of driving experience. The most frequently reported musculoskeletal complaints involved the wrists/hands (20.6%), shoulders (19.8%), neck (13.8%), and lower back (16%). Many drivers experienced chronic or recurrent symptoms, with some persisting for over 20 months. Findings indicate that prolonged driving hours, limited rest periods, and extended years of exposure are major contributors to MSD risk. In conclusion, bus drivers in Khartoum face multiple occupational risk factors that predispose them to MSDs, highlighting the need for preventive ergonomic interventions, increased awareness, and targeted health policies.