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Surveing on the knowledge and function of automobile- industry workers about health care of lumbar spine

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The aim of this study was to detect the level of worker's knowledge and their function regarding to the health care of their lumbar spine. Other researchers have also carried out explorations in this field and have reported some findings .It has been reported that Increased knowledge of the workers , even when they have been given some information implied no major changes on their functions in terms of their back health . However , some research has shown a significant relationship between the increased knowledge and the improvement of the worker's function .Also, research has shown that Back School instruction is an effective method to change the level of knowledge of the workers .

This research was carried out by using two questionnaires that assessed the level of knowledge and function of an automobile-manufacturing company workers. The questions were designed in four groups of : (1) goods and load properties and methods of carrying and handling those , (2) Worker's posture during working, (3) physical efforts and trying , (4) tools and conditions of work environment . the outcome measurments included the function and the knowledge of the workers.

We found that the knowledge of the workers were in 3 categories : %11 of them had low knowledge ,%57 moderate and %32 of them had high knowledge.Also we found that %52 of workers had weak function , %18 moderate,%2 high and %28 of them were even weaker than the low category .

In brief , this research showed that the level of the worker's knowledge about the appropriate methods of working regarding their lumbar health relatively was in an acceptable range, however their functions was in a low level information. No significant relationship was found between the worker's level of knowledge and the improvement of their functions .

Key word : *lumbar spine, health care, knowledge , function , Automobile industry.*