



The Implementation of Ergonomics to Improve Career Quality Among Future Hairstylists.

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Introduction

Hairdressers and barber stylists play a significant role in molding the inner and outer appearance of consumers. Their services are rendered at exposure to developing work-related musculoskeletal disorders (WRMSD).

Significant Causes

Students are having symptoms when they go from school to salon settings, and many hairdressers are forced to quit the industry earlier than expected. Current studies are raising awareness about emerging musculoskeletal problems, but there is a small scale for intervention research.

Purpose

The sole objective is to provide educational resources about ergonomics with attest to the students' ability to retain information and encourage functional carryover in students' performance to decrease physical disadvantages and health risks. The focus areas identified for this project are centered on education and program development at the learning level of the hairdressing profession.

Methods

The research project is a qualitative study used to provide ergonomics education to a student population.

Inclusion Criteria

- Ages 16 to 65 years of age
- Primary Language -English
- All races and gender included_ in the study

Primary Measure

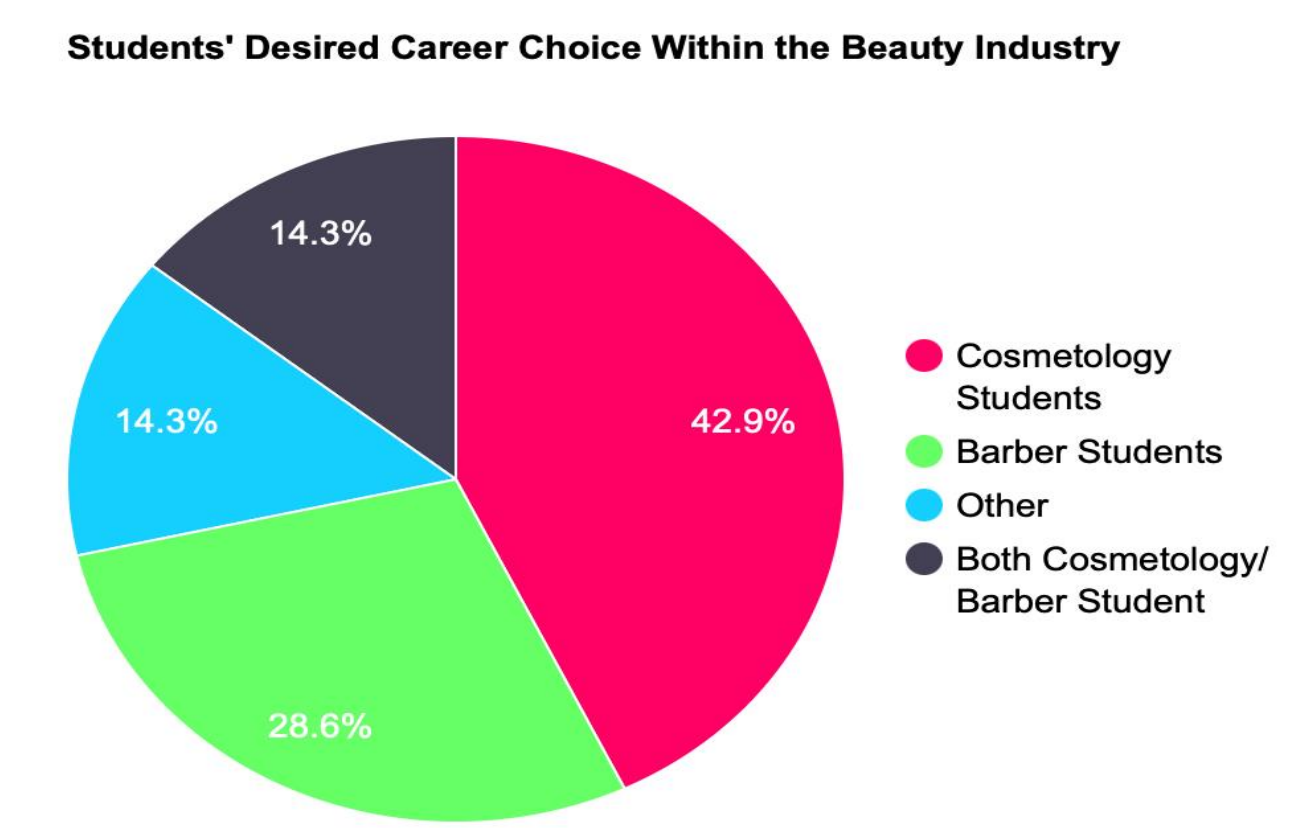
An interactive PowerPoint was created to provide comprehensive information on ergonomics. A pre knowledge survey was used to attest the population's prior knowledge about ergonomics. A post knowledge survey was used to assess retainment and understanding of ergonomics.

Secondary Measures

- One on One interview with Primary Investigator
- Weekly Reflections
- Post Course Evaluation Survey

Results

A total of 7 participants, with six females and 1 male. See Figure 1



Post Survey Data

- 57% of the participants defined MSDs using words such as "soft tissue injury", "disorders", "repetitive", and "overtime"
- 43% of participants define microtrauma as definite trauma that worsens over time.
- 57% of participants were able to identify all three types of ergonomics.

Common Themes

Students defined ergonomics as "the proper way to work safely without causing self-injury."
"Ability to protect their bodies and perform tasks safely but remaining efficient as desired."

Discussion

Significant Findings

- For students who aspire to be salon and barbershop owners, they can use ergonomic resources to improve the wellness of their employees to reduce injury while maintaining the productivity, efficiency, and cost of their establishment.
- Unhealthy habits and lifestyle factors will require individuals to address psychological components and context cues that trigger behavior.

Discussion continued

Significant Findings

- Utilizing interactive lectures to discuss ergonomics is a primary intervention. To increase students' confidence, more hands- on learning must be implemented for carryover in the salon setting to reach greater outcomes for success.

Limitations

- Time
- Sample Size

Future Research

- Identify the benefits of implementing ergonomic assessments.
- Find more tools and equipment that are ergonomically designed.

Conclusion

Students were supplied the opportunity to increase foundational knowledge about ergonomics. Advocacy efforts are necessary to promote the overall health and wellness of stylist and future students. Education and practical skills will help to fill in the intervention gaps needed to address the developing musculoskeletal disorders. Ergonomics education is a preventative measure working to change the perspective for upcoming students.

References

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