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Association Between Occupational Standing Time and Cardiovascular Disease

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ABSTRACT

In this study, we sought to understand the risk factor for chronic metabolic disease of workers by studying the association between occupational standing time and cardiovascular disease (CVD) in full time 200 male workers. Data on age, life behavior, work related information of study subjects were surveyed using self-reported questionnaire and interview. CVD risk was identified based on the report of Alberti et al. (2009). All data were analyzed using the statistics for the social sciences SPSS version 19.0. The study was conducted after the consideration and approval of the Institutional Review Board of the Occupational Safety and Health Research Institute. The results showed that daily working hour affects on the lifting heavy objects, running and strenuous exercise and total physical function decreased with increase in age. We analyzed the association between occupational standing time and CVD risk. The results occupational standing times were significantly associated with waist circumference and triglyceride. These results suggest that the working posture may be important risk factor in pathogenesis and growing of CVD.