powered by electricity. A list of the major problems of this
group from assessment was as follows:
- Poor sitting posture (usual position stooped sitting).
- Height of chairs and tables inappropriate.
- Chairs provide little or no support for lumbar spine.
- Incorrect handling techniques (frequent flexion and
  rotation movements).
- Boredom.

Garment cleaners were found to have similar problems to
the machinists, and when viewing their working situation
this was not surprising, as all were found to be in much the
same working posture as the machinists.

Packers and ironers were found to have one main
complaint, viz. low back pain. On assessment their problems
was summarised as:
- Standing most of the day.
- Incorrect handling techniques.

FURNITURE MANUFACTURERS (FACTORIES B AND C)

The other two factories co-operating in this study were
furniture manufacturers and were found to have more or less
the same complaints, except for one group of employees.
There were three main occupations:
- Machine operators
- Hand sanders
- General labourers.

At these two factories the general atmosphere was not as
pleasant as A. lighting was only fair, ventilation poor as the
air was thick with sawdust. The staff/employee relationship
was not as good as at A where all staff were known by name
and appeared happy in their work. There was also found to
be a more rapid turnover of staff at the pine factories.

The sanders at C were found to have the highest
incidence of complaint, shoulder, hand and lower back pain
being the most common. Their problems are summarised as
follows:
- No working surfaces provided.
- Employees were using arm muscles instead of body
  weight to sand objects.
- No seating available.
- No knowledge of kinetic handling.
- Frequent flexion/rotation and extension/rotation
  movement.

In comparison, the sanders of B complained
primarily of low back pain as did all general labourers and
machinists of both factories. B also had a high incidence of
headache and sore eyes. This factory had very long working
hours and poor lighting in a small warehouse.

GENERAL RECOMMENDATIONS

- Employers should strive towards a better staff/employee
  relationship.
- Lighting should be adequate particularly in the
  warehouse of the pine factories.
- The length of the working week should not exceed forty-
  five hours and rest pauses are essential in every
  occupation. It has been found that increasing the
  working week seldom increases production.
- Pause gymnastics may be introduced to relieve
  monotony. Two five-minute sessions of exercise to taped
  music with instructions enable workers to change
  position and return to the job refreshed.
- Possible introduction of classes in larger companies,
dealing with specific problems such as back injuries and
  cardio-vascular disorders.
- Introduction of background music for time periods
  throughout the day.

RECOMMENDATIONS ON POSTURE

- Staff should be advised on the use of cushions to support
  the lumbar spine.
- Where chairs are too high, the legs can be shortened to
  the correct height.
- All staff should be taught the basics of good standing and
  sitting posture.
- Instruction should be given on how to relax the muscles
  of the shoulders, neck, and upper back.
- Correct handling techniques should be taught to all staff.

In conclusion, physiotherapists are trained in the
principles of anatomy, physiology and psychology. In
addition the prevention of strain, stress, and overuse needs to
be emphasized. A post-graduate course has been established
at U.C.T. from 1983. Occupational physiotherapy will be the
area of the future as populations and industries continue to
grow.

BOOK REVIEW

MALARIA
What you should know about it

Obtainable free from: Department of Health, Welfare &
Pensions (Liaison Services), Private Bag X63, Pretoria 0001.

A booklet that gives brief and readable information about
the history, geographical distribution, transmission and
epidemiology, clinical picture, prevention and control of
malaria. Suitable for lay readers.

MALARIA
Wat u daaromtrent behoort te weet

Gratis verkrygbaar van Departement van Gesondheid,
Welsyn en Pensioene (Skakel-dienste), Privaatsak X63,
Pretoria 0001.

'n Breek wat kort en leesbare inligting oor die geskiedenis,
geografiese vespreiding, oordrag en epidemiologie, kliniese
beeld, voorkoming en beheer van malaria gee. Geskik vir
lekeleersers.