

ABSTRACT

Keywords: *ergonomics, musculoskeletal disorders, physical activity, occupational health, safety, work environment*

WORKING IN A CONFINED SPACE: A REVIEW OF THE LITERATURE

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Abstract: *Confined spaces are defined as spaces that are not designed for continuous human occupancy. They are often characterized by limited access and egress, and they may contain hazardous atmospheres or other dangers. Working in confined spaces is a common occupational activity, and it is associated with a high risk of injury and illness. This paper reviews the literature on working in confined spaces, focusing on the physical and psychological demands of the task. The review identifies the main risk factors for musculoskeletal disorders and other health problems in confined spaces, and it discusses the importance of proper training, equipment, and safety procedures. The authors conclude that working in confined spaces is a complex task that requires a multidisciplinary approach to ensure the health and safety of the workers.*

ERGONOMICS RESEARCH

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Abstract: *This paper discusses the ergonomic challenges of working in confined spaces. It highlights the importance of understanding the physical and psychological demands of the task, and the need for proper training and equipment. The authors emphasize the role of ergonomics in preventing musculoskeletal disorders and other health problems in confined spaces. They also discuss the importance of safety procedures and the need for a multidisciplinary approach to ensure the health and safety of the workers.*

