PRUEBAS SELECTIVAS PARA EL ACCESO A LA ESCALA DE MÉDICOS INSPECTORES DEL CUERPO DE INSPECCIÓN SANITARIA DE LA ADMINISTRACIÓN DE LA SEGURIDAD SOCIAL (RESOLUCIÓN DE 21 DE MAYO DE 2018, (BOE DEL 30 DE MAYO)

Segundo ejercicio. Prueba de idioma.

Musculoskeletal disorders in the workplace.

Disorders of the musculoskeletal system represent a main cause for absence from occupational work. Musculoskeletal disorders lead to considerable costs for the public health system. Specific disorders of the musculoskeletal system may relate to different body regions and occupational work. For example, disorders in the lower back are often correlated to lifting and carrying of loads or to the application of vibration. Upper-limb disorders (at fingers, hands, wrists, arms, elbows, shoulders, neck) may result from repetitive or long-lasting static force exertion or may be intensified by such activities. The severity of these disorders may vary between occasional aches or pain to exactly diagnosed specific diseases. Occurrence of pain may be interpreted as the result of a reversible acute overloading or may be a pre-symptom for the beginning of a serious disease.

The term musculoskeletal disorders denotes health problems of the locomotor apparatus, i.e. of muscles, tendons, the skeleton, cartilage, ligaments and nerves. Musculoskeletal disorders include all forms of ill-health ranging from light, transitory disorders to irreversible, disabling injuries. Such work-related musculoskeletal disorders are supposed to be caused or intensified by work, though often activities such as housework or sports may also be involved.

Health problems occur, in particular, if the mechanical workload is higher than the load-bearing capacity of the components of the musculoskeletal system. Injuries of muscles and tendons (e.g. strains, ruptures), ligaments (e.g. strains, ruptures), and bones (e.g. fractures, unnoticed microfractures, degenerative changes) are typical consequences. In addition, irritations at the insertion points of muscles and tendons and of tendon sheaths, as well as functional restrictions and early degeneration of bones and cartilages (e.g. menisci, vertebrae, intervertebral discs, articulations) may occur.

There are two fundamental types of injuries, one is acute and painful, the other chronic and lingering. The first type is caused by a strong and short-term heavy load, leading to a sudden failure in structure and function (e.g. tearing of a muscle due to a heavy lift, or a bone fracture due to a plunge, or blocking of a vertebral joint due to a vehement movement). The second results from a

permanent overload, leading to continuously increasing pain and dysfunction (e.g. wear and tear of ligaments, tendovaginitis, muscle spasm and hardening). Chronic injuries resulting from long-term loading may be disregarded and ignored by the worker because the injury may seemingly heal quickly and it may not result in an actual significant impairment.

Fuente:

"Preventing Musculosketal disorders in the workplace. Risk factor information and preventive measures for employers, supervisors and occupational trainers". Alwin Luttmann [et Al.]. Protecting Workers' health series, nº 5. World Health Organisation.

http://www.who.int/occupational_health/publications/en/oehmsd3.pdf