



Knowledge of and Attitudes Toward Work-Related Musculoskeletal Injuries in Firefighters in Cape Town, South Africa - A Cross-sectional Study

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Knowledge and Attitude of Firefighters toward Work-related MSI's Questionnaire

Please note:

This survey is about firefighters' Knowledge and attitude of firefighters toward work-related musculo- skeletal injuries. Completing the survey is online and voluntary.

The information you give will be used to educate other firefighters, like yourself, about health issues related to the occupation of firefighting.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really know or believe. There are no right or wrong answers.

If you do not complete the whole questionnaire in one sitting, you can re-enter the survey again and complete the remaining questions.

Questionnaire

- This questionnaire is made up of five (8) sections (A to H),

and will take you approximately 10 to 20 minutes to complete, depending on your knowledge and attitudes.

- Please try to **answer all the questions** in each of the sections.

Section A: Personal Information

Instructions:

- This section asks you questions of a personal nature that will not be shared with anyone, except the researcher.
- The answers will be used only to describe the types of firefighters completing this survey. This information will not be used to find out your name. No names will ever be reported.
- If you are uncomfortable answering any questions, you are welcome to ask the researcher for assistance or to leave out the answer completely.
- Please **tick** ✓ the appropriate box(es), where applicable.

State your date of birth (dd/mm/yyyy):

Personal Information		Response ✓
1.	Indicate your years of service in the Fire and Rescue Service.	Less than 5 years <input type="radio"/> 6 - 15 years <input type="radio"/> ≥16 years <input type="radio"/>

Personal Information		Response ✓
2.	Marital status	Single <input type="radio"/> Married <input type="radio"/> Divorced <input type="radio"/> Widowed <input type="radio"/> Separated <input type="radio"/>
3.	Sex	Male <input type="radio"/> Female <input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4.	In general, how would you describe your health?	Excellent <input type="radio"/> Very good <input type="radio"/> Good <input type="radio"/> Moderate <input type="radio"/> Poor <input type="radio"/> Do not know <input type="radio"/>
5.	Did you visit a health professional, such as a doctor, dentist, psychologist, etc., in the past 12 months specifically for a musculoskeletal injury? If you answered no, then go to question 15.	Yes <input type="radio"/> No <input type="radio"/>
6.	If yes, then specify which health professional you have seen If you tick "other", specify which one by name.	Doctor <input type="radio"/> Psychologist <input type="radio"/> Pharmacist <input type="radio"/> Biokineticist <input type="radio"/> Nurse <input type="radio"/> Other <input type="radio"/> If other, then specify:
7.	Do you currently smoke? If you answered no, then go to Section B.	Yes <input type="radio"/> No <input type="radio"/>
8.	If you answered "yes" to question 15, how old were you when you first started smoking? If you remember the age you were when you started smoking, then state which age in "other"	Never smoked <input type="radio"/> Don't know <input type="radio"/> Other <input type="radio"/> If other, then specify:
9.	If you smoke, how many cigarettes do you smoke each day, on average?	1-9 cigarettes <input type="radio"/> 10-19 cigarettes <input type="radio"/> ≥ 20 cigarettes <input type="radio"/>
10.	Do you ever think about stopping smoking?	Yes <input type="radio"/> No <input type="radio"/> Not sure <input type="radio"/>
11.	Have you ever been advised by a doctor or healthcare professional to stop smoking?	Yes <input type="radio"/> No <input type="radio"/>

Section B: Knowledge on Work-related MSIs and Injury Management

Instructions:

- Please tick (✓) the appropriate box, where applicable, for each of the following statements regarding heart disease risk factors.

Knowledge of Injuries	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1. Ankle Sprain are the most common minor injuries in firefighters	-	-	-	-	-
2. Slipping is the most common cause of ankle sprains	-	-	-	-	-
3. Knee injuries are common among firefighters	-	-	-	-	-
4. Collison/ trauma is the common cause of knee injuries	-	-	-	-	-
5. Lower back injuries are the most serious type of injury among firefighters	-	-	-	-	-
6. Lower back injuries are caused by rapid changes in posture	-	-	-	-	-
7. Lack of preparation causes ankle, knee and back injuries	-	-	-	-	-
8. Minor injuries should always be treated with first aid	-	-	-	-	-
9. MSI that are potentially harmful should be seen by a medical doctor	-	-	-	-	-
10. Injuries that are not properly treated often become reoccurring injuries.	-	-	-	-	-

Section C: Knowledge of PPE

Instructions:

- Please tick (✓) the appropriate box, where applicable, for each of the following statements regarding your knowledge of health.

Knowledge of PPE		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1.	High quality Firefighting boots prevent slipping and ankle injuries	-	-	-	-	-
2.	Firefighting boots should be replaced in after 6 months of use to avoid injuries due to slipping	-	-	-	-	-
3.	Having flat feet can cause knee pain and injuries	-	-	-	-	-
4.	Every firemenboot should be appropriate to the individual	-	-	-	-	-
5.	Changing equipment can reduce musculoskeletal injuries.	-	-	-	-	-
6.	Firefighting PPE can weigh approximately 35Kg	-	-	-	-	-
7.	Rapid body changes with added weight can cause injuries	-	-	-	-	-
8.	PPE can obstruct movement and cause injuries.	-	-	-	-	-
9.	Proper reoccurring training with equipment causes less injuries	-	-	-	-	-
10.	PPE quality check can reduce injuries (Boots + garments)	-	-	-	-	-

Section D: Knowledge of PF

- Please **tick** (✓) the appropriate box, where applicable, for each of the following statements regarding your knowledge of health.

Instructions:

Knowledge of PF		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1	Physical fitness reduces musculoskeletal injuries	-	-	-	-	-
2	Participating in exercise or sport reduces musculoskeletal injuries.	-	-	-	-	-
3	Eating fat-free meals reduces the likelihood of obesity.	-	-	-	-	-
4	Having regular physical examinations reduces musculoskeletal injuries.	-	-	-	-	-
5	There are no prevent strategies for musculoskeletal injuries.	-	-	-	-	-
6	Controlling stress reduces musculoskeletal injuries.	-	-	-	-	-
7	Information about musculoskeletal injuries in the media helps reduce the prevalence..	-	-	-	-	-
8	Moderate- intensity exercise reduces musculoskeletal injuries.	-	-	-	-	-
9	Maintaining physical fitness levels aids in the prevention of muscularskeleton injuries .	-	-	-	-	-
10	Adequate sleep indirectly reduces the likelyhood of musculoskeletal injuries.	-	-	-	-	-

Section E: Attitudes About Diet

- Please **tick** (✓) the appropriate box, where applicable, for each of the following statements regarding exercise.

Instructions:

Attitudes about Diet and Obesity		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1.	Obesity decreases your performance	-	-	-	-	-
2.	Decreased performance leads to musculoskeletal injuries	-	-	-	-	-
3.	Obesity affects my fitness levels.	-	-	-	-	-
4.	Decreased fitness levels leads to musculoskeletal injuries.	-	-	-	-	-
5.	Increased obesity leads to decreased mobility.	-	-	-	-	-
6.	Decreased mobility leads to musculoskeletal injuries.	-	-	-	-	-
7.	Obesity places unwanted pressure on your joints.	-	-	-	-	-
8.	Unwanted pressure on your joints leads to musculoskeletal injuries.	-	-	-	-	-
9.	Obesity may cause sleep apnea.	-	-	-	-	-
10.	Lack of sleep leads to musculoskeletal injuries.	-	-	-	-	-

Section F: Attitudes about Firefighting Culture (Causes of Injuries or Protective Mechanism)

- Please **tick** (✓) the appropriate box, where applicable, for each of the following statements regarding food and nutrition.

Instructions:

Attitudes about Firefighting Culture		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1	Firefighters see injuries as part of the job.	-	-	-	-	-
2	Reporting injuries are associated with disappointing colleagues.	-	-	-	-	-
3	Reporting an injury will negatively affect your career.	-	-	-	-	-
4	Minor injuries should not be reported .	-	-	-	-	-
5	I often go to a medical professional when i have an injury	-	-	-	-	-

Attitudes about Firefighting Culture		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
6	Medical professionals play key factors in the treatment process of injuries	-	-	-	-	-

Attitude About PA

Section G: Attitudes about PA

Instructions:

- Please **tick** (✓) the appropriate box, where applicable, for each of the following statements regarding food and nutrition.

Attitudes about PA		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1.	Physical activity makes your muscles stronger	-	-	-	-	-
2.	Weaker muscles leads to musculoskeletal injuries	-	-	-	-	-
3.	Physical activity leads to stronger joints	-	-	-	-	-
4.	Weaker joints leads to musculoskeletal injuries	-	-	-	-	-
5.	Too much physical activity leads to weak joints	-	-	-	-	-
6.	Weak joints leads to musculoskeletal injuries	-	-	-	-	-
7.	Physical activity increases the strength of ligaments and tendons	-	-	-	-	-
8.	Increase in ligaments and tendons, decreases the risk of musculoskeletal injuries	-	-	-	-	-
9.	Decreased physical activity participation leads to decreased fitness levels	-	-	-	-	-
10.	Decreased fitness levels leads to musculoskeletal injuries	-	-	-	-	-

Section H: Attitudes about MSIs

Instructions:

- Please **tick** (✓) the appropriate box, where applicable, for each of the following statements regarding food and nutrition.

Attitudes about MSIs		Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1.	Firefighters do not report musculoskeletal injuries.	-	-	-	-	-
2.	I report musculoskeletal injuries frequently.	-	-	-	-	-
3.	The majority of minor musculoskeletal injuries are preventable.	-	-	-	-	-
4.	Reporting injuries leads to musculoskeletal injury prevention.	-	-	-	-	-
5.	Minor musculoskeletal injuries do not affect my work-related routines.	-	-	-	-	-
6.	I can fully physically engaged in work-related duties with a musculoskeletal	-	-	-	-	-
7.	Medical professional are essential in the diagnosis of musculoskeletal injuries	-	-	-	-	-
8.	I have had a musculoskeletal injury diagnosed by a medical professional	-	-	-	-	-
9.	Severe musculoskeletal injuries means one should stay absent from work-related physically duties	-	-	-	-	-
10.	I have taken absence due to a muscular skeletal injury	-	-	-	-	-