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Original Article

Association Between Job Stress and Work-Related Injuries: A Case-Control

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Abstract:

Background & Objectives: Although most occupational injuries are the result of stress-related human error, the association between job stress and work-related accidents has not been studied adequately. The aim of this study, carried out in 2004, was to look at the pattern of job stress among workers at Iran-Saipa car manufacturing plant, and to assess the relationship between stress and occupational injuries.

Methods: Data were collected randomly from 608 workers considered to be at risk. The sample was composed of 100 subjects with a history of work-related injury within the preceding year and 508 subjects without such history. Job stress was assessed by the Belkic Occupational Stress Index (OSI). We performed creatinine, cortisol, and 17-ketosteroid assays on 24-hour urine collection samples to check the validity of OSI questionnaires. All subjects were males.

Results: The prevalence of job stress was 21.3%. The main stressors were time pressure (78.5%), mode of payment and evaluation (56.4%), and interaction with people and machines (41.3%). The risk of injury for workers experiencing job stress was significantly higher than in those without job stress (odds ratio= 2.0). On the other hand, job stress was found to be responsible for 11.9% of all occupational injuries in this community.

Conclusions: In conclusion, job stress should be recognized as an important factor causing occupational injuries among car manufacturing workers. Full commitment and participation of managers at all levels and also behavioral and environmental modifications in the production line is important in promoting safety and injury prevention.

Keywords:

[Stress](#) , [Job](#) , [Injury](#) , [Accident](#) , [Iran](#)

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