ABSTRACT

The COVID-19 pandemic led the Peruvian government to declare a state of emergency, promoting social isolation as a preventative measure. This situation prompted a sudden transition to remote work, especially in the information technology (IT) sector. In this context, IT workers were exposed to ergonomic risks due to long hours in front of computers without adequate workstation conditions. The objective of this research was to determine the association between musculoskeletal symptoms and physical characteristics of remote workstations among IT workers in Lima, 2022. A quantitative, cross-sectional, prospective, and non-experimental methodology was used, administering virtual surveys to a sample of 132 workers using the Nordic Standardized Questionnaire and the ROSA method. The results showed that 31.8% of participants reported musculoskeletal symptoms, while 24.2% of workstations required immediate intervention, 48.5% required immediate intervention, and 3.8% required urgent intervention. It is concluded that there is a weak, positive association between the presence of musculoskeletal symptoms and the physical characteristics of the remote workstation, with a p-value of 0.002 and a correlation coefficient of 0.265. It is recommended to comprehensively assess dysergonomic risks, redesign workstations, and establish occupational health intervention programs focused on ergonomic awareness and the well-being of remote workers. Keywords: musculoskeletal symptoms, workstation, IT workers.