



## MUSCULOSKELETAL DISCOMFORTS IN MAKEUP ARTISTS

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**ABSTRACT** **Background-** Makeup is the art of beautifying skin by applying makeup on human body. To do their job makeup artists have to maintain awkward posture for prolonged periods of time like cervical flexion, lateral flexion or rotation, and also need to flex from lumbar spine according to the height of the chair on which the client is sitting, it may be a high chair, sofa chair or recliner chair. The risk factors of WMSDs have increased over recent years. As makeup artists perform their job mostly in prolonged standing and in specific postures and flexed cervical region, there is a high risk of them to develop WMSDs. **Aim Of The Study-** To assess the prevalence of the musculoskeletal discomforts in makeup artist through a self-devised pre validated questionnaire. **Methodology And Study Tool-** A cross-sectional study with 56 individuals were included in the study. Self-made questionnaire was made (NRS included) and The Questionnaire were filled by the individuals. **Results-** The descending order of joint pain is lower back pain, neck pain, upper back pain, shoulder pain, ankle pain, wrist pain, knee pain, hips pain, elbow pain and The descending order of joint affection is back activity, neck activity, ankle activity, hips activity, knee activity, shoulder pain, wrist pain, elbow pain. **Conclusion-** The above study concluded that the pain in affected joints are in following order Lower Back, Neck, Upper Back, Shoulder, Ankle, Wrist, Knees, Hips, Elbow. Due to the pain the activity of the joints to some extent are affected.

## KEYWORDS :

## INTRODUCTION

Makeup artist is the art of beautifying the skin by applying makeup on the human body. It is an art just like painting. The difference is that they paint a person's face with makeup.

Makeup industry in the last few years has expanded and in the future it will expand more. Nowadays makeup is very important everywhere for weddings, movies, fashion shows, etc.

According to the World Health Organization (WHO 1994) health and work places are important issues which strongly relate to the health and being of the worker. The health problems can be controlled and avoided by improving working practices and conditions.<sup>2</sup>

The makeup artists have to maintain awkward posture for prolonged periods of time like cervical flexion, lateral flexion or rotation, and also need to flex From lumbar spine according to the height of the chair on which the client is sitting, it may be a high chair, sofa chair or recliner chair.

They also need to perform fine motor movements for holding the brushes of different sizes, eyeliner, Kajal, beauty blenders, etc with a good wrist range of motion movements like from flexion to extension with radial to ulnar deviation.

Then there is repeated elbow flexion- extension movements with shoulder movements like flexion, abduction and rotations.

The duration may depend on the intensity and severity of the makeup; it may vary from 1 to a few hours.

According to the Bureau of Labour Statistics in 2007 nearly 735,000 employees in the United States suffered injuries classified as "sprains/strains", "overexertion," "repetitive motion," and "musculoskeletal disorders" that resulted in days away from work (United States Department of Labour, 2005). Many of these injuries are classified under an umbrella term called work-related musculoskeletal disorders.<sup>3</sup>

Work related musculoskeletal disorders(WMDs) are also termed as Repetitive strain injury (RST), Repeated Motions Injury (RM) and Occupational Overuse Disorders (ODs). The risk factors of WMSDs have increased over recent years. As makeup artists perform their job mostly in prolonged standing and in specific postures and flexed cervical region, there is a high risk of them to develop WMSDs.<sup>5</sup>

Awkward posture during work, repetitive movements, prolonged standing, and long working periods to carry out work activities cause mechanical load on the joints and work-related musculoskeletal disorders (WMSDs).<sup>9</sup>

The work-related musculoskeletal disorders (WMSDs) denote health problems of the loco motor apparatus i.e., muscles, nerves, tendons, joints, cartilages, a spinal disc and related tissues, which have been

empirically shown or are suspected to have been associated with exposures to risk factors at a workplace<sup>7</sup>

A high prevalence of work-related musculoskeletal disorders has been recorded among workers who are exposed to manual labour, work in unusual and restricted postures, repetitive and static work.<sup>1</sup>

Very few researches are related to musculoskeletal disorders in makeup artists. The consequences of Musculoskeletal problems in makeup artists may result in chronic pain so focus on the risk factors should be taken in account.<sup>5</sup>

The activity of professionals working in beauty parlours is one of the least studied in occupational health.<sup>6</sup>

Musculoskeletal disorders have been described as the most notorious and common causes of severe long term pain and physical disability that may affect hundreds of millions of people across the world . They have also been recognized as one of the leading causes of significant human suffering, loss of productivity and economic burdens on society.<sup>7</sup>In Europe, 1/4 of adults are affected by longstanding musculoskeletal problems that limit everyday activity.<sup>8</sup>

This study will help us to understand the risk factors which may predispose makeup artists to various musculoskeletal discomforts, from which musculoskeletal discomforts can be determined. Which will in future help to modify the posture and environment in which they work which might help them to reduce the chances of discomfort faced by them and might reduce the chances of future injuries.

As this industry will emerge more in India it is important to study how these discomforts can be prevented or reduced with passage of time and what modifications can be made with future studies.

## AIMS AND OBJECTIVES OF STUDY :-

## Aim:-

To assess the prevalence of the musculoskeletal discomforts in makeup artist through a self-devised pre validated questionnaire

## Objectives:-

1. To identify the prevalence of musculoskeletal discomforts in makeup artists by using self-made questionnaire
2. To determine the impact of musculoskeletal discomforts on activities in makeup artists

## METHODOLOGY

Cross sectional observational study was carried for 56 makeup artists. Self-made questionnaire was made and verbal consent was taken. The individual was explained about the questionnaire and the study. The questionnaire were filled by the individuals. The data were collected and descriptive statistics with percentages using Excel and SPSS software was done.

**Inclusion Criteria:-**

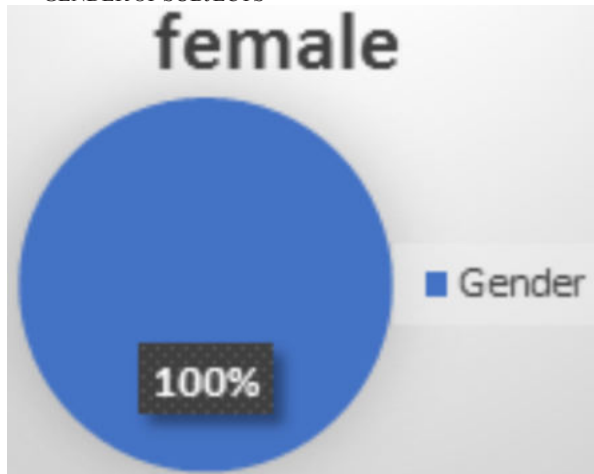
- 1) Makeup artist
- 2) Age:- 18-45 years old
- 3) Makeup artist working at least for 1 year

**Exclusion Criteria:-**

- 1) Any previous injury which still causes pain
- 2) Makeup artist having any chronic disease

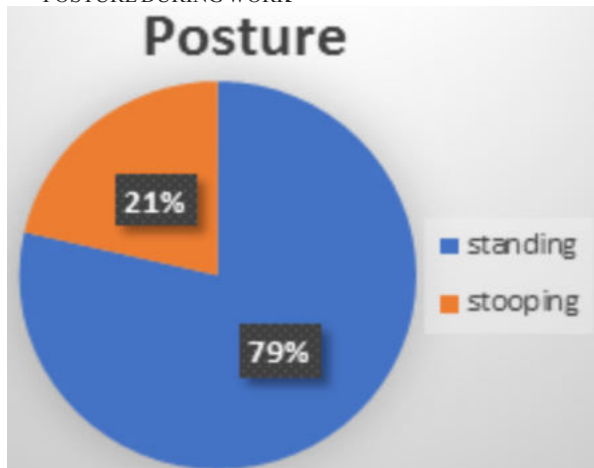
**DATA PRESENTATION AND INTERPRETATION**

- GENDER OF SUBJECTS



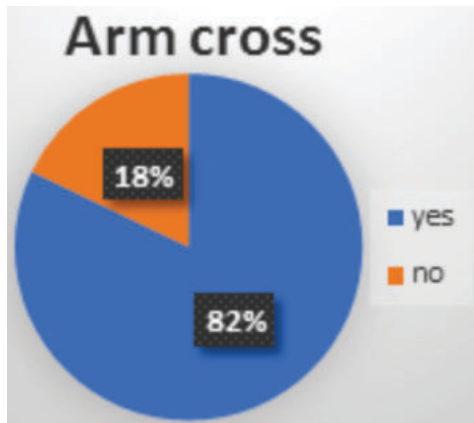
All 56 makeup artists are female.

- POSTURE DURING WORK



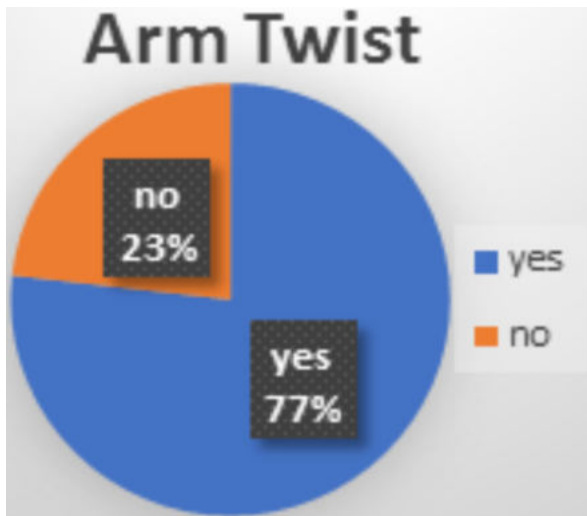
Out of 56 makeup artist 79% artist work in standing position and other 21% work in stooping position.

- GRAPH 10: ARM CROSSING OR NOT



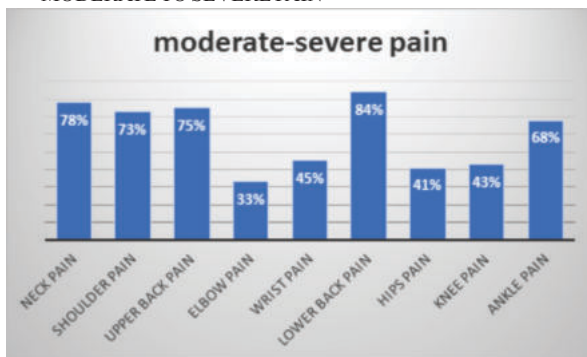
Out of 56 makeup artist 82% artists arm crosses the other side of the body and for other 18% it doesn't crosses.

- ARMTWISTS OR NOT



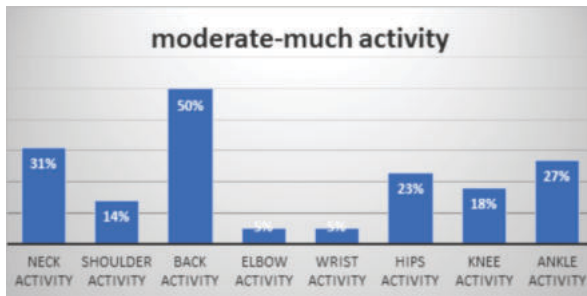
Out of 56 makeup artist 77% artists arm twists and for other 23% it doesn't twist.

- MODERATE TO SEVERE PAIN



The descending order of joint pain is lower back pain, neck pain, upper back pain, shoulder pain, ankle pain, wrist pain, knee pain, hips pain, elbow pain

- MODERATE TO MUCH AFFECTION OF ACTIVITY



The descending order of joint affection is back activity, neck activity, ankle activity, hips activity, knee activity, shoulder pain, wrist pain, elbow pain

**DISCUSSION**

My aim was to study prevalence of developing musculoskeletal discomforts in makeup artists, with these 2 objectives :To identify the musculoskeletal discomforts in makeup artists by using self-made questionnaire and To determine the impact of musculoskeletal discomforts on activities in makeup artists.

The result from other studies done by A. Zafar, M. Niaz, S. K. Akhtar et al on Prevalence of Cervical Pain in Make-up Artist and Hair Dressers of Lahore reports that Out of 150 workers 37.33% of workers were suffering from mild cervical pain, 22% of workers had moderate pain and 0.67% of workers were suffering from very severe pain, Happiness Anulika Aweto, Bosede Abidemi Tella, Omobolanle Yewande Johnson on Prevalence of work-related musculoskeletal disorders among

hairdressers reported that the most commonly affected body parts included the low back (76.3%), shoulder (62.5%) and neck (46.3%), Gisele Mussi, Nelson Gouveia on Prevalence of work-related musculoskeletal disorders in Brazilian hairdressers reported that 155 professionals (71%) met the defined criteria for WRMD cases in at least one body segment as follows: 34 (22%) professionals had WRMDs in one body segment, 38 (25%) in two segments, 31 (20%) in three segments, 17 (11%) in four, 16 (10%) in five and 19 (12%) in six parts surveyed.

Similarly, results of our study indicate that almost every joint is affected to some extent but the most affected joints are lower back, neck, upper back, shoulder and ankle due to these pains some or the other activity is affected involving the joint.

This is because of some extrinsic and intrinsic factors like the height of the chair or the chairs used by the makeup artist are not suitable for them, even though the chairs are adjusted by most of them for every client still they have pain. Their body is not ready for the stresses they put it through. Makeup artist work in standing position or stooping position with their shoulder in flexion and arm crossing to the other side of the body and arm twisting. They need to flex their neck to come close to the clients face to do the makeup. Prolonged weight bearing on ankles and dorsiflexion due to the stooping posture and there is continuous movement at elbow and wrist. Sometimes at a stretch they need to work for prolonged period of time like during bridal makeup.

Even though for some of the makeup artists do not have certain hours of working and days of working in a week is as less as 2 days still they experience some kind of pain in the joints due to the posture and static muscle work.

Shortcomings of my study is that makeup artists have variable working hours and days so we can't comment on how many hours of working is affecting them. And other is that the number of male makeup artist are very less in India so we can't comment on if gender plays a part or not.

## CONCLUSION

The above study concluded that the pain in affected joints are in following order Lower Back, Neck, Upper Back, Shoulder, Ankle, Wrist, Knees, Hips, Elbow.

Due to the pain the activity of the joints to some extent are affected.

84% of people had severe-moderate pain in lower back and 75% of people had severe-moderate upper back pain probably due to following intrinsic and extrinsic factors like the chair type and height is not suitable for them and intrinsic factor like the stresses imposed on their body the makeup artists cannot accommodate to them.

78% of people had severe-moderate pain in neck probably due to following extrinsic factors like the height of the chair, distance between the client and makeup artists.

73% of people had severe-moderate pain in shoulder probably due to following extrinsic factors like the makeup artists have to flex the shoulder and arm twisting inwards and arm crossing the other side of the body to reach the clients face to do make-up.

Common extrinsic factor for all can be the extensive working hours during particular kind of makeup like bridal makeup. And common intrinsic factor is probably that the stresses imposed on their body the makeup artists cannot accommodate to them.