

PREDNOSTI METODE ROSA U PROCJENI RIZIKA OD MIŠIĆNO-KOŠTANIH OBOLJENJA PRI RADU NA RAČUNARU

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Sažetak. Metoda ROSA (Rapid Office Strain Assessment) je validirani opservacijski alat razvijen za sistematsko procjenjivanje i kvantifikaciju izloženosti ergonomskim rizicima u kancelarijskom radnom okruženju. Zasnovana je na poznatim metodama kao što su RULA (Rapid Upper Limb Assessment) i REBA (Rapid Entire Body Assessment) i temelji se na strukturiranoj kontrolnoj listi sa slikovnim prikazima, što omogućava dosljedno i ponovljivo procjenjivanje ergonomije računarskih radnih stanica. Metoda ROSA posebno se fokusira na prepoznavanje faktora rizika povezanih s razvojem mišićno-koštanih oboljenja povezanih s radom, kao što su nepravilni položaji tijela, dugotrajno statično sjedenje, nepravilno postavljanje monitora i ulaznih uređaja, te ponavljajući pokreti. Ova metoda omogućava objektivno bodovanje različitih komponenti radnog mjesta (npr. stolica, ekran, tastatura, miš, telefon), što vodi ka konačnoj ocjeni koja odražava nivo rizika i potrebu za ergonomskom intervencijom. Jedna od glavnih prednosti metode ROSA je njena strukturiranost, koja omogućava sistematski pristup u identifikaciji ergonomskih nedostataka i osigurava veću pouzdanost rezultata. Vizuelni prikazi olakšavaju upotrebu čak i onima bez specijaliziranog znanja iz ergonomije, čineći ovu metodu dostupnom široj grupi korisnika. Osim toga, ROSA ne zahtijeva posebnu opremu i omogućava brzu procjenu, što je posebno značajno u sredinama s ograničenim resursima. Zbog tih karakteristika, metoda je pogodna kako za klasične kancelarije, tako i za rad od kuće. Zahvaljujući svojoj praktičnosti, jednostavnoj upotrebi i jasnoj interpretaciji, ROSA metoda je široko prihvaćena kako u praksi medicine rada, tako i u istraživačkom okruženju. Smatra se jednom od najučinkovitijih metoda za otkrivanje mišićno-koštanih rizika kod radnika koji koriste ekrane na dodir ili računare – bilo u standardnim kancelarijskim uslovima ili prilikom rada na daljinu odnosno od kuće. ROSA tako služi ne samo kao dijagnostički alat, već i kao osnova za ciljane ergonomske intervencije s ciljem prevencije dugotrajnih mišićno-koštanih opterećenja.

Ključne riječi: ergonomija, mišićno-koštani poremećaji, procjena radnog mjesta, kancelarijsko okruženje, faktori rizika

ADVANTAGES OF THE ROSA METHOD IN ASSESSING THE RISK OF MUSCULOSKELETAL DISORDERS IN COMPUTER WORK

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Abstract. The ROSA method (Rapid Office Strain Assessment) is a validated observational tool developed for the systematic assessment and quantification of exposure to ergonomic risks in office work environments. It is modeled after established assessment systems such as RULA (Rapid Upper Limb Assessment) and REBA (Rapid Entire Body Assessment) and is based on a structured checklist with visual illustrations, enabling consistent and repeatable evaluation of computer workstation ergonomics. The ROSA method specifically focuses on identifying risk factors associated with the development of work-related musculoskeletal disorders, such as awkward postures, prolonged static sitting, improper positioning of monitors and input devices, and repetitive movements. The method allows objective scoring of various workstation components (e.g., chair, screen, keyboard, mouse, telephone), leading to a final score that reflects the level of risk and the need for ergonomic intervention. Among the key advantages of the ROSA method is its structured nature, which enables a systematic approach to identifying ergonomic deficiencies and ensures greater reliability of results. The visual representations make it easier to use even for individuals without specialized ergonomic knowledge, making the method accessible to a broader range of users. Moreover, ROSA does not require special equipment and allows for quick assessment, which is particularly important in resource-limited environments. Because of these features, the method is suitable for assessing both traditional office setups and home-based workstations. Due to its practicality, ease of use, and clear interpretation, ROSA method is widely accepted both in occupational medicine practice and in research settings. It is considered one of the most effective methods for detecting musculoskeletal risks in workers who use touchscreen devices or computers—both in conventional office environments and remote or home-based work. Thus, ROSA serves not only as a diagnostic tool but also as a basis for targeted ergonomic improvements aimed at preventing long-term musculoskeletal strain.

Key words: ergonomics, musculoskeletal disorders, workstation assessment, office environment, risk factors