

The purpose of this study was to investigate the prevalence of musculoskeletal injuries and health-related problems among computer-user employees in the banking institutions in Nairobi. It was hypothesized that there would be no significant differences in terms of gender and position of work in relation to the above. Subjects for the study included tellers, secretaries, clerks, and officers in banking institutions in Nairobi. A study of 1,500 employees from five banks (National bank, Cooperative bank, Equity bank, Kenya Commercial bank and Family Finance) were targeted. A total of 17 branches from the banks were randomly selected and 450 employees were selected randomly for the study. Validated questionnaires were administered to the bank employees to collect information related to the employees' experiences as regards musculoskeletal injuries and health-related problems. A total of 321 questionnaires were completed and returned. Qualitative methods of data analysis were utilized to analyze the data. Chi-square at $p \leq 0.05$ was run to test the research hypothesis. The findings of the study showed that most of the bank employees (63.86%) suffered from various musculoskeletal injuries. There was no significant gender difference. However significant differences existed in terms of work positions with a calculated X^2 of 672 (df=8, $p < 0.05$), where the tellers (78.70%) were the most affected by musculoskeletal injuries. It was concluded that computer-user bank employees in Nairobi Kenya suffer from work-related musculoskeletal injuries and health-related conditions. It was therefore recommended that the Kenya Bankers Association in partnership with the bank management initiate exercise ergonomics programmes for their employees so as to make the banking environment healthy to work in. In addition, more research to establish; specific causes of specific musculoskeletal injuries, specific effects of exercises on specific musculoskeletal injuries are recommended.