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**\*Corresponding author:**

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1. The first paragraph of the text discusses the importance of maintaining accurate records in a business context. It highlights how proper record-keeping can help in identifying trends, making informed decisions, and ensuring compliance with legal requirements. The text emphasizes that without reliable data, a business may struggle to grow and sustain itself in a competitive market.

2. The second paragraph delves into the challenges of data management. It notes that as a business expands, the volume of data increases significantly, making it difficult to store, organize, and analyze. The text suggests that investing in robust data management systems and training staff on best practices can mitigate these challenges. It also mentions the importance of data security to protect sensitive information from unauthorized access and potential breaches.

3. The third paragraph focuses on the role of data in strategic planning. It explains that by analyzing historical data and market trends, businesses can identify opportunities for growth and innovation. The text stresses that data-driven insights are essential for setting realistic goals and developing effective strategies. It concludes by stating that while data is a powerful tool, it must be used responsibly and ethically to build long-term success and trust with customers and stakeholders.

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Citation:

Body part affected by WMSD	Previous 12 months n (%)	Previous 7 days n (%)	Annual Disability n (%)
<b>Neck</b>			
<b>Shoulder</b>			
<b>Elbow</b>			
<b>Wrist/hand</b>			
<b>Upper back</b>			
<b>Lower back</b>			
<b>One or both hip/thighs/buttock</b>			
<b>One or both knee</b>			
<b>One or both ankle/feet</b>			


Table 4:

