

Assessment of the physiological cost of work for the workers performing kitchen related standing activities in restaurants

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■ **ABSTRACT** : Restaurant workers who spend most of the time in buildings and therefore experience the greatest amount of exposure while performing various activities is at greatest risk. They do the work which is very labour and hand intensive. These result in physiological disorders related to increase in blood pressure, heart rate, pulse rate and total cardiac cost of work. This is mainly due to lack of awareness of the basic principles, poor working conditions and reluctance to change existing and traditional work methods and tools. Besides this awkward posture, the work place and psychological factors are also important aspects for workers health and safety. Therefore, the study was undertaken to find out the physiological cost of work for the workers performing kitchen related standing activities in restaurants. Therefore, the study was undertaken to find out the physiological risk assessment among the workers engaged in an organized restaurants industry. For the present study 120 workers from the four south Indian restaurants *i.e.* Sri nidhi sagar, Raaga the family restaurant, Tamarind and Inchara, the family restaurant, Bangalore city, Karnataka State. Research design used was descriptive-cum-experimental. Purposive sampling was used and data were collected by interview method. The workers were mainly literate and aged from 25-40 years. The data further showed the existing condition of the restaurant workers which were satisfactorily regarding the work environment.

■ **KEY WORDS** : Restaurant industry, Physiological disorders

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