

# Ergonomic evaluation of computer workstation used by female employees in Ludhiana district

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■ **ABSTRACT** : Workstation design from an ergonomics perspective can effectively enhance productivity and minimize stress through the interaction between various system components. Ergonomic interventions are most commonly used to reduce work related neck and upper limb symptoms, but physical activity also plays an important role in making the person active and hence, symptom free (Sharma *et al.*, 2009). Poor design of workplace resulted in adopting awkward postures, which in turn affected the ability to do work efficiently and productive. Proper posture is considered to be a state of musculo-skeletal balance that involves a minimal amount of stress or strain to the body. Therefore, a study was conducted to do the ergonomic evaluation of computer workstation used by female employees in Ludhiana district. A total of 120 female employees were taken as respondents. A pre-structured interview schedule was used to ergonomically evaluate the work station design of female VDT users. The results showed that due to improper dimension and placement of workstation accessories lead to postural discomfort.

■ **KEY WORDS**: Ergonomic evaluation, Workplace, Postural discomfort

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