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Research Paper

An evaluation and acceptance of kitchen aid for the standing type of kitchen

■ CHARU AND P. SANDHU

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See end of the paper for authors' affiliations

CHARU

Department of Family Resource
Management, College of Home
Science, Punjab Agricultural
University, LUDHIANA (PUNJAB)
INDIA
Email: charumakhija86@gmail.com

■ **ABSTRACT** : Excessive standing causes the joints in the spine, hips, knees and feet to become temporarily immobilized or locked. Thus, the present study was conceptualized to devise some aid for helping the women who work in the kitchen in a standing posture for longer duration. The study was conducted in Ludhiana city in 2013. Based on the anthropometric measurements of 200 surveyed respondents and their suggestions, a kitchen aid was developed and evaluated using physiological parameters like average heart rate, energy expenditure and physiological cost of work. The result showed significant reduction in average heart rate, energy expenditure and PCW. The respondents also appreciated the idea of sitting aid with steps for reaching out to higher shelves.

■ **KEY WORDS**: Physiological cost of work, Energy expenditure, Average heart rate, Kitchen aid

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