



Postural and musculoskeletal disorder risk assessment in bakery industry using Rula method

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ABSTRACT

Ergonomics assessment of women workers were carried out on a sample of purposively selected 30 respondents in normal health who were engaged in packaging activities in a Bakery industry, Jorhat. An attempt was made to identify the working postures and musculoskeletal disorders prevailing among the women workers in the industry. RULA method was applied to analyze the working postures and musculoskeletal pain scale was developed to observe acuteness of pain among the workers in bakery Industry. From the observation and analysis of the result it was concluded that the women workers were highly affected by adopting awkward body posture while performing the activities. Twisting, bending and static repetitive tasks are the resultant of poorly designed workstation. These actions force them into a non-neutral position that increases the overall discomfort and pains at the knees, feet, legs, arms and shoulders. Moreover, lack of proper illumination and ventilation at work site also exerts an additional adverse effect on the performance of the workers.