

A postural load' occupational risk in grape cultivation

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■ **ABSTRACT** : The aim of this study was to find out a postural load occupational risk in grape cultivation. The research designs comprised on field study conducted on 15 respondents were engaged on grapes cultivation activities. Physical fitness was determined by calculating the physiological parameters *i.e.* blood pressure, body temperature, pulse rate and (VO₂ max). Occupational risk was assessed through Biomechanical stress *viz.*, Grip strength, Flexi curve and RULA score. The results indicated that mean height and weight of workers involved grape activities was 159.9 cm and 64.2 kg, respectively. BMI was observed as 21.8 kg/m², fat percentage was worked out to 29.9 per cent, and hence LBM was 44.1 kg with variation of ±19.3kg. VO₂ max was found to be 31.8 ml/kg x min exhibiting that the subjects were having good health. Conclusively on the basis of biomechanical stress in the grape cultivation occupational risk was highest in land preparation (46.3) followed by pruning activity (41.8) and least was in plant protection activity (21.5).

■ **KEY WORDS**: A postural load, Occupational risk, Grape cultivation, Physical fitness

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