

# Occupational hazards faced by railway assistants in railway industry

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■ **ABSTRACT** : In present study an assessment of demographic profile of railway assistants of Delhi and their health status was conducted. The railway assistants carried trunk, trolley bags, suitcases and cartons etc weighing with the weight ranging from 20 kg to 60 kg on daily basis. They used to travel from ½ km to 1 km in a day. Approximately they used to make the trip between 2 to 4. It was observed that preferable mode of load carrying was head and back. The quantum of load varied between 20-40 kg as reported by railway assistants. It was found that maximum number of railway assistants were between the ages of 30-50 years old. Various type of chronic illness as diabetes mellitus, respiratory disease, BP problem, stiffness in hand; cuts and wounds, burns, numbness in body and tingling in hand were reported by railway assistants.

■ **KEY WORDS**: Railway assistants, Load carrying, Numbness

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