

An analytical approach on postural deviation and health hazards of homemakers while dish washing

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■ **ABSTRACT** : For the study survey was conducted by interview method among 30 purposive randomly selected home makers having 5ft. to 5.5 ft. height range and one wall kitchen. The standing posture is adopted for the dish washing. The criteria chosen for evaluation were anthropometric measurement (height and weight), dimensions of the sink, heart rate, energy expenditure and postural deviation. The selected variables were correlated with independent variables. Postural deviation of body at cervical, lumbar and elbow joint of selected home makers was measured while cleaning utensils at sink in standing posture. The maximum postural deviation was found at lumbar point. Study revealed that correlation of depth of the bowl with cervical joint showed highly significant correlation for bowl depth of 14-18 cm (0.629**) where as elbow joint showed significant correlation for bowl depth of 14-18 cm (0.494*). Highly significant correlation was noted for tap height (20 – 40 cm) and postural deviation at lumbar joint and elbow joint (0.720** and 0.838**, respectively). It was observed that 46.66 per cent of homemakers were having normal BMI (20.5–25.0). It was also evident from the study that increase in heart rate of women increased the energy expenditure while dish washing at sink in standing position. Very severe pain was observed in shoulder while severe pain in back and neck was experienced by homemakers. None of the homemakers felt pain in wrist while dish washing at sink in standing posture.

■ **KEY WORDS** : Postural deviation, Dish washing, Energy expenditure, Standing posture

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