



Posture related problems faced by homemakers in organised and unorganised kitchens of Ludhiana district of Punjab

■ Simranpreet Kaur, Harpinder Kaur and M.K. Sidhu

Department of Family Resource Management, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA

(Email : harp_07@rediffmail.com)

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ABSTRACT

The present study was undertaken to evaluate the problems of homemakers in organised and unorganised kitchens. For this purpose, five organised and five unorganised kitchens of Ludhiana city were selected to collect the data. The respondents were asked about the problems faced by them while working in their kitchens through an interview schedule. It was found that due to inadequate or unorganised storage units in the kitchens, subjects had to adopt awkward postures, which, in turn, leads to muscular injuries like pain in the back, neck and shoulder. Sometimes, the subjects also faced kitchen accidents while grasping to the things which were stored beyond their reach. Some modifications were suggested in the kitchens to reduce their injuries and to make the work easy.