

Physiological study on mopping the floor with cloth and basket mop

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■ **ABSTRACT :** The study was conducted in Parbhani city of Marathwada region in Maharashtra state. Thirty women involved in mopping activity were selected for this study. They were surveyed and grouped between the age ranges from 25-35 years. For assessment of physiological cost in squatting posture traditional cloth mop was selected and for standing posture based on the market survey during the study the new handle mop with basket was used. Selected static and dynamic anthropometric measurements was recorded by the use of anthropometer and flexible measuring tape. For measuring the heart rate the polar sport tester heart rate monitor was used. Heart rate was recorded while performing activity of mopping. Physiological cost of work was assessed by calculating the energy expenditure. The mean stature of homemakers was 155.7, elbow height 98.4, Shoulder height 125.43, Mid shoulder height 127.9, Span 155.7 and Mid position arm reach height 122.3. Mean arm reach height at mid and lower position was 122.3 and 63.6 and mean arm reach length at mid and lower position was 60.75 and 59.9. Palm length, Hand length, Thumb tip reach height, Grip strength and weight was 17.17, 69.13, 110.73, 2.91 (kg) and 51.76 (kg). The mean normal squatting height of home makers was 93.3 cm, eye height 88.06 cm, knee to knee distance 31.9 cm, arm reach forward 72.3 cm, Squatting side arm reach of left and right hand was observed same as 70.4 cm and arm reach length for lower position and mid position were 67.13 cm and 61.36 cm. The physiological cost of mopping the floor with cloth mop was more as compared to basket mop. Statistical analysis revealed the significant results, which indicated that the average working heart rate, average recovery heart rate, average peak heart rate and average total cardiac cost of work was reduced significantly when the mopping the floor was carried out with basket mop.

■ **KEY WORDS:** Cloth mop, Basket mop, Mopping

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