

A study of ergonomic approach to kitchen work centers

■ SWATI ASHOK MAHAJAN AND S.L. PATWARDHAN

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■ **ABSTRACT :** Work place is an important dimension that expedite the activity and exerts minimum stress on the workers. Therefore work space must get considerable attention in the designing of the layout. considering the importance of kitchen platform, there is need to design kitchen and ergonomically evaluation of kitchen. A data on 200 sample of existing kitchen were randomly selected belonging to nuclear families. The data obtained was useful for designing a kitchen which gives comfort while working and reduced energy expenditure. The study was carried out through interview schedule methods and questionnaire filled; Anthropometrical observations are recorded by using measuring tape etc. The data collected were tabulated and suitable statistical tools like, frequency, average, percentage were used for analysis of data. In standing type of kitchens as the worker maintains the standing posture while working. Home maker can move quickly from washing to preparation to cooking area, so the home maker saving their time and energy. It is observed that “L-Shaped” kitchen counters were most common (57.00%) of respondents were more comfort for their work. The result of present study will be used to understand and improve work, worker and work place relationship to have healthy and safety of the home makers. This will help to minimize physical and energy cost of home makers to improve work efficiency and also to reduce heart beat of home makers.

See end of the paper for authors' affiliations →

SWATI ASHOK MAHAJAN

Department of Home Science, Smt.
Dankunwar Mahila Mahavidyalaya,
JALNA (M.S.) INDIA

Email : pswatimahajan@gmail.com

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