

Inconvenience in level and height of platform in kitchen

■ DEEPIKA MEHRA AND NANDINI REKHADE

Received: 04.11.2012; Revised: 21.08.2013; Accepted: 14.09.2013

See end of the paper for
authors' affiliations

DEEPIKA MEHRA

Department of Home Science,
Government Maharani Laxmibai
Girls P.G. College, INDORE
(M.P.) INDIA

■ **ABSTRACT** : A kitchen is a place used for food, preparation, cooking and storage. A well-designed kitchen can improve or work habits, increase efficiency and minimize the effort required to prepare meals. The health problems, which appear due to the posture, are generally chronic in nature. In view of the inconvenient height of platforms in the ancient and modern type kitchen majority of study participants reported that the major body related problems (Backache, pain in arm, headache etc.) were related to the posture. Height of the work surface should be adapted to the height of the homemaker, formerly body height regarded as important in determining work heights. However, knowledge point out those factors seems to be more fundamental than body height for a comfortable working height. Among these is the length of the arm, the height of the elbow, the abdominal and bust extension, the fullness of the upper arm and vision. Staid and Bratton Says. The height of the elbow is the important landmark for determining the desirable height of work surface for household tasks, Because of the need to maintain a posture and arm positions that avoid static work and the fatigue arising from it for stand work, plan the height of work surface so that it is 3 below the height of the elbow or slightly more depending on the activity. The parts of a work center, which most commonly contribute to poor posture, includes height of working surfaces of work counters or tabletops, stovetops, oven, frequently used shelves and drawers at improper heights, types and heights of work stools and chairs.

■ **KEY WORDS** : Height of platform, Kitchen, Homemakers

■ **HOW TO CITE THIS PAPER** : Mehra, Deepika and Rekhade, Nandini (2013). Inconvenience in level and height of platform in kitchen. *Asian J. Home Sci.*, 8 (2): 430-432.