

Anthropometry application: For ease and efficiency in designing of workplaces

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■ **ABSTRACT** : Anthropometry is a science which involves the systematic measurement of the physical properties of human body, primarily dimensional descriptors of body size and shape. Anthropologists have been measuring humans for hundreds of years, but for only the last fifty years or so have the dimensions been used in an organized fashion to improve the design and sizing of the things we use in everyday life. Anthropometric data are a necessary and basic tool for improving human – machine interface to achieve a healthier, safer and more efficient workforce. The data are used in ergonomics to specify the physical dimensions of workplaces, equipment, furniture and clothing so as to “fit the task to the man” and to ensure that physical mismatches between the dimensions of equipment and products whereas the corresponding user dimensions are avoided. Various researches showed that improper dimensions of workplace demands a high degree of physical effort which can lead to musculo – skeletal problems and ultimately decrease the working capacity of workers. Keeping this concept in mind, the present study was undertaken to find out the postural problems faced by the women workers at their workplace *i.e.* kitchens and suggest ergonomically based guidelines for redesigning of their workplace to reduce postural difficulties. For this purpose, related anthropometric data of women respondents were collected. This anthropometric data were further used to calculate the appropriate dimensions of workplaces and some guidelines were also framed on the basis of ergonomic principles to reduce the postural discomfort of respondents.

■ **KEY WORDS**: Anthropometry, Workplaces, Efficiency

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