

Ergonomic Intervention for Preventing Musculoskeletal Disorders among Farm Women

Surabhi Singh and Renu Arora*

*Department of Resource Management, SDAU, S.K.Nagar, Gujarat, India
Mobile: 9429420169*

**Department of Resource Management, Delhi University, Delhi, India*

KEYWORDS Musculoskeletal Disorders. Ergonomics. Farm Women. Women Friendly Tools and Equipment. Work Process

ABSTRACT For more than a decade, farming has been rated as one of the dangerous occupations. A considerable number of adverse health conditions, including musculoskeletal disorders are linked to agricultural work. This paper presents the results of a literature review undertaken to determine the types and extent of musculoskeletal disorders of the farm women in India and to identify opportunities for ergonomic intervention. It was concluded that numerous types of musculoskeletal disorders such as disorders of the back and neck, nerve entrapment syndromes, tenosynovitis, tendonitis, peri tendonitis, epicondylitis and non-specific muscle and forearm tenderness were consequences of the occupational risk factors in agriculture including static positioning, forward bending, heavy lifting and carrying, kneeling and vibration. At the same time, ergonomics interventions has the potential to reduce musculoskeletal disorders among farm women. These may include designing of women friendly tools and equipment, improved work processes and stipulation of shorter rest periods for farm women. There is a need to increase awareness of musculoskeletal disorders and associated risk factors and to train farm women periodically for the proper and safe ways of handling tools and equipment in order to avoid musculoskeletal disorders. The information presented in this paper should result in (1) Prioritization of researches based on prevention of farm women from musculoskeletal disorders, (2) Development of new technologies for women for critical field problems such as hand cutting of plant materials, stooped posture, and lifting and carrying of heavy materials, (3) Funding and support for awareness and prevention programmes for musculoskeletal disorders.