

An Analytical Study on Effect of Dishwashing Working Place on Human Body

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ABSTRACT Energy expenditure, pulse rate and angles of body bend was measured at standing posture for ten female post graduate students. The subjects were selected based on elbow height and the body positions studied for dishwashing were sink at elbow height, sink at 10 cm less than elbow height, sink at 20 cm less than elbow height and at laboratory sink height of 76.5 cm. It was observed that, sink height of 10 cm less than elbow height was found more suitable because of less energy expenditure (1.72 kcal/min), least pulse rate (91.99 beats/min) and less angle of body bend (102°). Hence, sink at 10 cm less than elbow height can be suggested as optimum sink height.