
An Ergonomic Assessment of Women Workers Involved in Tea Plantation in Himachal Pradesh

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ABSTRACT The present study was conducted in Kangra district of Himachal Pradesh to study the socio- personal, physical characteristics (n=80) and physiological workload (n=30) of respondents engaged in plucking tea leaves. Majority of the respondents were illiterate and belonged to scheduled caste and other backward classes. Majority of the respondents had ectomorph body with average physical fitness level. The average working heart rate values were upto acceptable limits whereas, the peak heart rate values (HR25-35 – 110.93; 111.44; HR35-45 – 106.22,110.58 beats/min.) were beyond acceptable limits. Both average and peak heart rate values were significantly related with elder age group, indicating work to be stressful especially with increase in age. Thus, it is recommended to generate awareness regarding faulty working habits and to develop women friendly technologies to improve efficiency and output of women workers.

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