PRINT: ISSN 0970-9274 ONLINE: ISSN 2456-6608
JOURNAL OF HUMAN ECOLOGY
International Interdisciplinary Journal of Man-Environment Relationship

PRINT: ISSN 0970-9274 ONLINE: ISSN 2456-6608
J Hum Ecol, 49(3): 335-339 (2015)
DOI: 10.31901/24566608.2015/49.03.19

Computer Workstation Ergonomics: Knowledge Testing of State Agricultural Universities (SAU) Students

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KEYWORDS Ergonomics. Computer Workstations. RULA Technique. MSDs. Corrective Measures

ABSTRACT There is a huge influx of computer workstation designing and related health and safety issues of users. An increased number of ergonomically designed computer workstation in the work areas has limelighted the health concerns of users, but still there is a need to implant an awareness program for the users because problems associated with computer work areas are generally temporary and can easily be solved using simple corrective measures. Further, the present investigation was planned with intense objective as to assess the knowledge of students of G.B.P. University of Agriculture and Technology about the use of ergonomically sound computer workstation, and postural assessment using participative ergonomics technique of RULA. A multistage purposive cum random sampling technique was used to select the sample and personal interview cum observation method along with Rapid Upper Limb Assessment Technique for postural assessment were used on target group. It was found out of the investigation that majority of the users do not have adequate knowledge about positioning of computer workstations as more than 50 percent of the students were not aware about tilt tray arrangement, convex beck-rest and concave seat pan, placement of monitor 2-3" below eye level, work reach envelope for computer related accessories and most of the computer operators complained about upper body extremities problems. Further it was observed from study that majority of the computer users (students under investigation) do not have adequate information about positioning of computer workstations (angle, distance of monitor etc.) and most of the computer operators having complaint about upper body extremities (pain in neck, shoulder, and upper and lower back) problems.