

Effect of Body Posture on Stress Experienced by Worker

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ABSTRACT The paper intends to study the effect of standing and sitting workplace in context with wash area in the household. The main objectives of the study were to design a wash area ergonomically and then test the efficacy. The sample for the study consisted of 30 performers selected on the basis of vision acuity and general well being. The ergonomic design of the wash area was based on functionality, floor size and placement of work centers, ventilation, storage, safety and others. The findings of the study reveal that the energy consumption was lesser in the performance of the work in standing position than in sitting in context with the job of washing clothes. Also perceived exertion and spine angle deviation was considerably low when the performers accomplished the job in standing as compared to sitting position.