ISSN 0972-0073

THE ANTHROPOLOGIST

*International Journal of Contemporary and Applied Studies of Man*

 Anthropologist, 20(3): 515-522 (2015)

# Effects of Work Types and Workload on Certain Anthropometric Parameters in Forestry Workers

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**KEYWORDS** Anthropometry. Postural Analysis. Harvesting. Nursery. Afforestation

**ABSTRACT** Using computer software and anthropometric measurements, the present study analyzes the changes in body posture associated with the workload exposure of harvesting and nursery-afforestation workers. Studies were conducted in 10 different locations within the boundaries of the Regional Directorate of Forestry (RDF) in Artvin, Turkey. A total of 88 male forestry workers (32 harvesting and 56 nursery-afforestation worker) aged between 18 and 61 years, were assessed in the study. Forestry activities are associated with an intense deformation in the upper extremities, having a detrimental effect on anthropometric parameters and the development of an abnormal posture, which results from intense stress on the muscles and other tissues with increasing workload. This effect was found to be more severe among the harvesting workers when compared to the nursery-afforestation workers.