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Ergonomic Evaluation of the Rural Women While Performing Wheat Harvesting Activity

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ABSTRACT The study was undertaken in Ludas village of Hisar district of Haryana State to determine the Physical fitness, time and activity profile, physiological and biomechanical stress of women while performing the wheat harvesting activity. The field experiment was carried out on 20 women each falling between the two age group viz. 25 – 35 and 35-45 years. The results revealed that mean age of the respondents was 32.1 years, mean body height was 158.6 cm and mean weight was 47.7 kg. Majority of respondents from both the age group fall under the category of ectomorphs (75%). On the physical fitness index (PFI), maximum number of respondents falls under the category of high average (60%). On an average, women spent 8 hours in wheat harvesting activity and 2 hours in bundling activity per day. They cover an average distance of 2.2 km and tie an average of 50 bundles per day. They spent 25 man-days in wheat harvesting and 5 man-days in bundling activity per year. Average heart rate of women was found to be 121.5 beats/min. which increased up to 126.7 beats/min at the end of the activity during evening. Similarly, energy expenditure was found to be 10.5 kJ/min. which increased up to 11.2 kJ/min. during evening hours.