

Work Space Recommendations on the Basis of Anthropometric Measurements of Punjabi Women

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ABSTRACT Present study was conducted on a sample of 240 females from two approved and two unapproved localities of Ludhiana city having reference height 153 cms (ICMR 2004) $\pm$ 12.5 cms, similar weight and body stature. Results indicated that Buttock-knee length varied between 49.48 – 54.8 cms; buttock - popliteal length: 44.45 – 49.12; total arm, forearm, hand and foot length ranged from 63.67 – 64.87; 36.47 – 39.32; 14.65 – 19.85 and 18.82 – 21.72 cms respectively. Shoulder and hip breadth (in standing and sitting posture) ranged between 37.57 – 38.38; 36.58 – 37.37; 30.48 – 30.95 and 30.62 – 31.48 cms respectively. Elbow to elbow and knee breadths were: 43.98 – 46.8 and 18.60 – 20.05 cms. Maximum to normal vertical reaches lied between 168.57 – 100.3 to 161.35 – 182.25 cms; horizontal reach: 68.85 – 74.25 to 61.5 – 66.9; side reach; 64.07 – 71.65 and normal reach: 92.27 – 103.92 cms. Recommended space allowances in square meters were: kitchen activities – $.37 \pm .009$; washing clothes, ironing, stitching, cutting, drafting- $.41 \pm .05$. Space needed in front of refrigerator and washing machine, for serving seated person was 92.5 ± 2.5 , for opening drawer – 120 cms. Recommended sink width, depth and sides were 50, 17.5, and 62.5 ± 2.5 cms respectively. Minimum space requirement for bed making – 92.5 ± 5 , around dining table - 75 ± 2.5 and around seated person – 90 ± 2.5 . to clean under bed, dining table and other furniture optimum recommended space was 50 ± 2.5 , 57.5 ± 5 and 70 ± 5 cms respectively.