

An Ergonomic Study of Muscular Fatigue during Ironing Clothes with Selected Irons

P. Aujla, P. Sandhu* and R. Kaur

*Department of Family Resource Management, Punjab Agricultural University, Ludhiana,
Punjab, India*

KEYWORDS Energy. Hand Grip. Muscular Fatigue. Posture. Stress

ABSTRACT Muscular fatigue (hand grip) and body pains experienced during ironing of clothes in standing posture on 82 cms high board with selected irons of different weights were measured on 6 female subjects. Results showed that muscular fatigue and body pains while ironing with light weight iron (0.77 kgs) were found significantly less as compared to other selected irons. Muscular fatigue and body pains was found to be significantly higher while ironing with heavy weight iron (2.92 kgs) as compared to light weight iron and steam iron (1.29kgs). Thus ironing clothes with light weight iron causes minimum stress to body and using heavy weight iron is found to be most taxing to human body.