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Physiological Cost of Homemakers While Using Kitchen Storage

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ABSTRACT The present study aims to analyse the homemakers' storage furniture design of semi-modular (SMK) and non-modular kitchens (NMK) in order to reduce their physiological cost of work. For this purpose, sixty households were selected from two posh areas of Udaipur city having semi- modular and non-modular kitchens (30 each). An interview and observation schedule was used to gather the relevant information regarding respondents' anthropometric measurements, Body Mass Index (BMI), Rated Perceived Exertion (RPE) and Musculo-Skeletal Disorders (MSD). The findings of the study highlighted that SMK respondents had normal BMI, lower perceived exertion due to good layout of kitchen storage furniture design. This causes lower musculo skeletal disorders, which reduce physiological cost of work.