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Assessment of Postural Stress among Inmates of Old Age Home in India

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ABSTRACT The present study was conducted to appraise postural stress among inmates of old age homes in Kumaon region of Uttarakhand State of India. Twenty per cent elderly people (N=60) were selected from an old age home (Geeta Kutir), for the study. Goniometer was used for the postural stress measurements. The findings depicted that using electric switch board was most stressful in shoulder external rotation. Picking an article from the upper shelf of cupboard was more stressful in cervical extension movement than in cervical flexion movement (picking articles from lower shelf of cupboard). Using lower shelves were much more stressful than that of using storage spaces (middle shelves) in gross spine movement. It is recommended that the electric switch boards and other articles should be placed according to the principles of ergonomics. It can be concluded that neglect of ergonomic principles brings inefficiency and pain to the elderly people in the workplace. This research therefore, highlights the essential key factors that should be considered as the main criteria when designing the old age home.