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Assessment of Physiological Workload Related to Selected Manual Material Handling Tasks

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ABSTRACT For more than a decade, farming has been rated one of the most hazardous occupations in the developing countries. Many risk factors associated with the development of musculoskeletal disorders are common place in agricultural tasks. Occupational risk factors include static positioning, forward bending, heavy lifting and carrying, kneeling, and vibration. The present study was conducted in villages of Mawali tehsil of Udaipur on a sample of 30 agricultural workers (15 male and 15 female) engaged in agricultural tasks from last 10 years. Heart rate data were collected for determining physiological workload before and after intervention of self -designed technology namely Single Wheel Hand Truck (SWHT) and Double Wheel Hand Truck (DWHT)] . It was concluded that Double Wheel Hand Truck and Single Wheel Hand Truck were better option for carrying loads than the traditional method of carrying load and also that DWHT was better than SWHT.