

Prevalence of Ergonomics Risks and Health Hazards in Sericultural Activities Performed by Hilly Tribal Women of East Garo Hills of Meghalaya, India

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ABSTRACT Sericulture is an important cottage based eco-friendly industry in the rural area of East Garo Hills of Meghalaya where women are involved in almost all activities. Thirty women engaged in sericulture were selected purposively for assessing the prevalent work related risk factors among the tribal women, working in sericulture industries. For assessing, perceived health hazards scale and WERA tool workplace ergonomics risk assessment tools were used. For the purpose of assessing, sericultural activities were divided into three parts viz. rearing of worm, extraction of pupa from cocoon and reeling of silk yarn. Findings showed that most women suffered pain in wrist, neck, back and leg while doing sericultural activities. Further analysis showed that perceived exertion of women was 'high to very high' in case of rearing of silkworm and extraction of pupa from cocoon and 'moderate to high' in case of reeling of silk yarn and causative factors found were continuous and repetitive nature of work, poor workstation design, carrying heavy load, etc.