

Work Related Disorders to Workers in Industry-Ergonomic Approach

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Abstract:

Work related disorders in nerves, tendons, ligaments, tendons, spine (1)etc which occur to worker in long run when working in industry due to improper posture, repeated works, lifting heavy weights etc. These disorders may cause permanent damage to worker if proper precautions are not taken, if design of work place is not modified according to convenience of worker(2) If the workplace is designed ergonomically, and proper training is given to workers at workplace work related disorders can be avoided to the maximum extent(3)

Keywords:

Work related disorders, Improper postures , Ergonomics.

INTRODUCTION AND DISCUSSION:

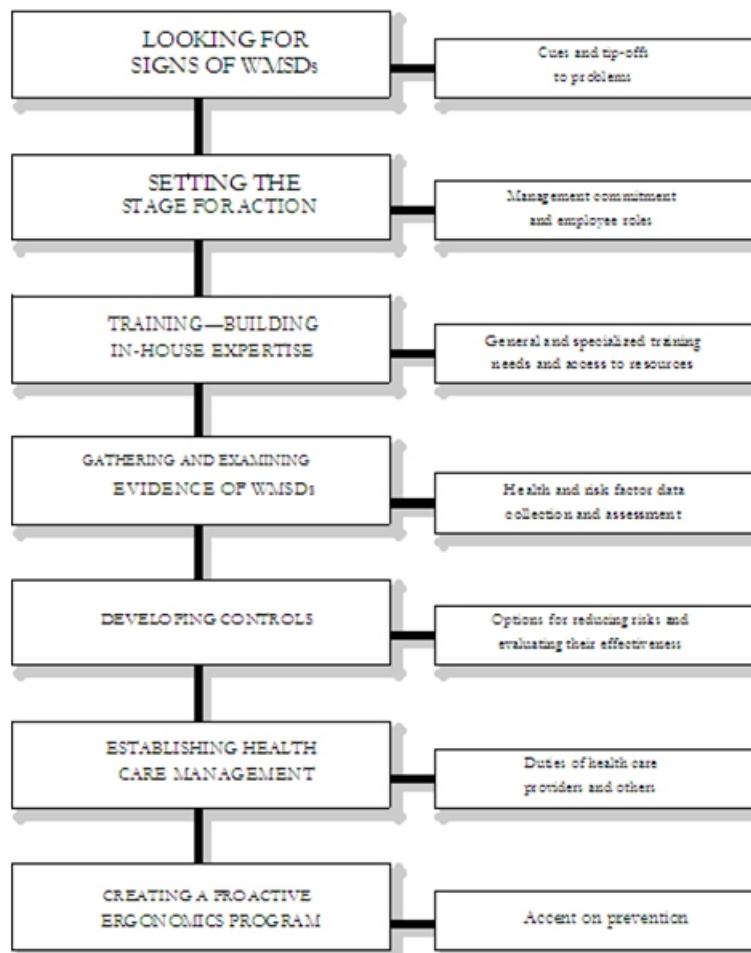
Work related disorders can be controlled by proper training to workers and designing the work place ergonomically. Following table 1 gives some information about causes of injuries at work place and reason for cause of injuries (1).

Table 1. Selected work settings from NIOSH investigations showing evidence of WMSDs

Work setting	Job
Meatpacking	Cleaning metal tubs, shank trimming, removing lard and internal organs
Warehousing	Lifting and carrying containers of assorted weights
Metal fabrication	Cutting, threading, shaping bar stock, and coupling parts to form product
Electronics assembly	Coil winding or trimming wire, circuit board wiring, fastening parts and packing products
Supermarket	Express checkout operations
VDT office and clerical	Sustained data entry and nonadjustable workstations
Clothing manufacture	Sewing tasks
Glass products	Decorating or etching glass
Plumbing fixtures	Lifting and moving toilet bowls weighing 45 to 70 lb
Sheet metal products	Riveting, seaming, assembly work
Plastic products	Parts molding, trimming excess material, filing, and reaming and sanding to finish product
Logging	Extended driving of log stackers or haulers over rough terrain
Film and paper products	Repackaging larger bulk materials into smaller units for distribution
Day care	Lifting and bending in tending to infant needs
Jewelry manufacturing	Waxing, cutting, finishing tasks
Cabinetmaking	Lifting and push-pull tasks
Auto products	Lifting and handling parts weighing 36 to 78 lb
Tool and die making	Grinding, polishing, deburring tasks

A flow chart is depicted here is a pathway to control work related disorders(2)

*A Pathway to Controlling Work-Related
Musculoskeletal Disorders (WMSDs)*



It is clear from the table 1 what are causes of injuries at different work places And flow chart shows how we can prevent work related injuries.

CONCLUSIONS:

By imparting proper training to workers at the work place , avoiding repetitive works for long duration of time without rest periods and by designing work environment friendly to worker as well as employer .Avoiding of injuries can be done to maximum extent. This improves performance of worker , reduces compensations , improves working environment in industry , avoids permanent damages in workers(3)

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