Ergonomic Considerations in Manual Handling Task for Females based on the Systematic Review of Literature

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Abstract
Manual handling task still remains in many workplaces despite of rapid introduction of mechanical equipment into the workplace for reducing physical load. Previous studies have suggested that manual handling task is associated with musculoskeletal problems. With expanding women’s work fields, the number of females who engage in the manual handling task has been increasing. Although many studies investigated the physical or psychological load while manual handling task, most of those were conducted for male participants. Furthermore, a small number of research focused on integrating previous findings related to ergonomic issues in manual handling task into comprehensive understanding. Therefore, the aim of this paper is to clarify ergonomic considerations in manual handling task for females by conducting a systematic review of literature. On the basis of literature review results, ergonomics issues in manual handling task by females are discussed and recommendations on conducting manual handling task by female workers are made to prevent them from musculoskeletal problems.

Keywords
Manual handling task, physical load, female workers

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Biography
Nozomi Sato is an Associate Professor in the Faculty of Applied Sociology at Kinki University, Japan. Her research interests include workload, usability and women’s health.