

circulatory system [16,17]. For standing workers alternate sit stand workstation is more appropriate as it provides most safe posture & it will balance the day long activity. As the workers in stitching department were maintaining a seated posture for the whole day, so an ergonomic chair with a back support should be provided for these workers. As this was first study of this kind in the sample industry, further investigation is required to validate the results. However, it is apparent that the workstations are poorly designed and some macro-level steps are immediately required. These may include providing back-support for seated workers and modifying the nature of task for standing workers. This could be redesigning the task to sit-stand or providing more frequent breaks of less time. The female workers are more prone to ergonomics risks as compared to their male co-workers, and their tasks need even a more immediate intervention.

VI. REFERENCES

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