

Postural Analysis and Musculoskeletal Disorder Risks among Workers in a Commercial Laundry

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Abstract

The laundry business in India is especially vulnerable to work-related Musculoskeletal Disorder (MSD) due to a variety of variables such as washing, ironing, awkward postures, repetitive duties, and so on. Objectives of the Study: To identify existing practices and occupational safety and health (OSH) measures in the commercial laundry and to assess the postural risks and the use of personal protective equipment (PPEs) among laundry workers. Materials and Methods: A descriptive study was carried out in a laundry in Kalaburagi. The laundry employs about 50 workers and caters to customers B2B and B2C. This research was conducted by observation, Nordic Musculoskeletal questionnaire, ergonomic assessment tools like RULA, REBA and OWAS. Results: The study's purpose was to raise ergonomics knowledge among commercial laundry workers. According to the study, there is evidence that workers' overall working conditions are poor and must be addressed considerably in order to eradicate MSD risk factors. Most of the working postures exhibit high risk as per RULA and REBA assessments. One of the findings of this study indicate that adjusting the height of the table to match the height of the workers can improve the comfort of ironing employees. and that ironing should be done with a simultaneous weight reduction of the iron box. Similar deficiencies are found in sorting, loading and unloading. Some recommendations are made to improve the working conditions and postures, and ergonomic interventions are suggested.

Keywords

Ergonomics, Work Postures, Musculoskeletal Disorders, RULA, REBA