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RESEARCH ARTICLE

Effect of environment on repetitive strain in grape cultivation

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ABSTRACT : The aim of this study was to find out the effect of environment on repetitive strain in grape cultivation. The research designs comprised on field study conducted on 15 respondents were engaged on grapes cultivation activities. Physical fitness was determined by calculating the physiological parameters *i.e.* blood pressure, body temperature, pulse rate and maximum aerobic capacity (VO_2 max). Environmental parameters measured through repetitive strain exertion, ART tool and strain index. The results indicated that mean height and weight of grape workers involved in grape was 159.9 cm and 64.2 kg, respectively. Body mass index (BMI) was observed as 21.8 kg/m^2. Fat percentage was worked out to be 29.9 per cent. Hence, LBM (Lean body mass) was 44.1 kg with variation of ±19.3kg. Aerobic capacity (VO_2 max) was found to be 31.8 ml/kg.×min exhibiting that the subjects were having good health. Conclusively environmental parameters were directly affecting the health status of workers in terms VO_2 max and BMI and (ART) and strain index. On the basis of total repetitive strains score in grape cultivation was maximum in pruning (239.5), followed by harvesting with total repetitive strain load (108.4).

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Key Words :
Grapes cultivation, Environmental parameters, ART, Strain index, VO_2 max

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