



Assessment of postural discomfort experienced by women working in unorganized sector

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ABSTRACT

The present study entitled "Assessment of postural discomfort experienced by women working in unorganized sector" was conducted with an aim to study the working conditions of women engaged in beauty parlors and to examine the extent of postural discomfort faced by these women. The field survey was conducted on purposively selected sample of 80 female workers in the age group of 20-35 years. A self structured interview schedule was used to investigate their socio-economic characteristics, job profile and frequently performed activities in parlors. The musculoskeletal problems of respondents were identified by using Standard Nordic Musculoskeletal Questionnaire (SNMQ). Ovako Work Assessment System (OWAS) was used to analyze the postural discomfort of women workers. The most frequently performed activities were threading, waxing, manicure-pedicure, head wash, bleach etc. Results revealed that the respondents spent nearly 8 hours in the parlor everyday performing different activities mostly in standing or standing-cum-bending posture. The health hazards faced by them at the parlors were pain in different body parts due to awkward postures, repetitive nature of work and long working hours. Standard Nordic Musculoskeletal Questionnaire (SNMQ) showed that respondents had trouble like ache, pain and discomfort in neck, shoulder, feet, upper and lower back and the results were found significant. Ovako Work Assessment System (OWAS) scores indicated that postures like standing and bending forward with neck and cervical flexion were putting the respondents under high risk and corrective measures should be taken as soon as possible. So, there is a need for ergonomic intervention for prevention of postural discomfort among these women.

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