



Stress among Load Carrying Workers in Grain Market

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Agriculture is one of the major occupations in India. Agricultural tasks are carried out mainly through manual efforts. Carrying load on the head is a common practice in many parts of the developing world, as an alternative to carrying a burden on the back and shoulders. Grain handling workers suffer from musculoskeletal disorder problem because of working in awkward posture with heavy load and repetitive work at different places in the workplace. Working with heavy load in awkward posture leads to physiological strain and musculoskeletal problem.

The study was conducted in Hisar district of Haryana. The aim of this investigation was to know the stress among load carrying workers in grain market. Sample will comprise of workers, who were involved in activities of the grain market. 40 physically fit workers will be selected randomly grain market of Hisar district. Survey work was carried out by collecting data using pre-tested interview schedule by conducting personal interview cum observation method.

Result showed that majority of the workers carrying load by manually on back and shoulder with the help of other workers. Most of the workers were exhausted after load carrying activity. They felt pain in mid back and shoulder and recovery of pain was in around 10-15 min. In load carrying activity back bending and neck bending posture using both hands was used by all. They were carried load weighing 50 kg/shift. Rapid upper limb assessment (RULA) score and Ovako working posture analysis system (OWAS) score was highest which depicts it required corrective measures immediately in the posture used.

There was decrease grip strength in right the left hand respectively during load carrying activity. Body part discomfort (BPDS) was chiefly found in upper and lower back followed by shoulder. The activity of load carrying got VAD and repetitive strain score was highest.

Key words: Grain market, Load carrying workers, Stress