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A Postural Risk Assessment of Manual Dairy Farm Workers Using REBA Technique

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Abstract

Postural assessment plays a vital role to find out the causes of musculoskeletal fatigue endured by the human body due to awkward bending, kneeling, twisting and material handling during different manual activities. Various ergonomic tools like REBA, RULA, OWAS, NIOSH equation, OSHA, JSI and JSA have been used frequently to calculate the risk level faced by workers in different sectors where the workers are prone to uncomfortable movement of various body parts repeatedly. Unendurable level of stress, strain and over-exertion of load may lead to musculoskeletal disorders with serious injuries. Most of the dairy farms in India are still not modernized, and therefore, manual work with traditional hand tools and techniques is preferred. Manual work in awkward posture with traditional methods led to various musculoskeletal health issues among dairy farm workers. The aim of present investigation is to study and find the level of MSDs and risk score among manual dairy farm workers and suggest remedial measures for high risk factors. Rapid Entire Body Assessment technique is used to assess the posture of farm workers in dairy industry.

Keywords

Dairy farming**Musculoskeletal disorders****Manual material handling****REBA technique**This is a preview of subscription content, [access via your institution](#).

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