

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM
VII SEMESTER HOME SCIENCE TIME:2Hrs/Week
HS-E1-7154 ERGONOMICS FOR BETTER LIVING PRACTICAL

MARKS:50

Course objectives:

- Ergonomics aims to improve the quality of life for individuals by designing work-systems that are compatible with their needs, abilities, and limitations
- The objective of ergonomics is to contribute significantly to productivity, product quality, service, and worker well-being, ultimately reducing costs and improving the economy and productivity .

Course outcomes:

To enable the students to:

1. Understand the scope and importance of ergonomics
2. Be aware of types of and minimizing effort
3. Identify and analyse working postures and common postural problems
4. Awareof ergonomic consideration in furniture design

PRACTICALS

1. Study of Work Postures – Standing, Squatting, Sitting -Survey of Home makers to know postural problems
2. Anthropometry – Measurement of working heights – Maximum reach – Vertical, Horizontal, Counter heights, Lateral reach.
3. Survey to know muscular skeletal problems faced by career women
4. Ergonomics in Furniture – Study of furniture to know the features – for different purposes – work, leisure activities, relaxation
5. Designing a work centre, a furniture, an accessible interior for elderly/ physically challenged

REFERENCES:

1. Veena Gandotra, Krishna Oberoi, Promila Sharma (2005), “Essentials of Ergonomics”, Dominant publishers and distributors, Delhi.
2. S.K.Sharma& Savita Sharma, Work Study & Ergonomics, S.K.Kataria& Sons
3. R.S. Bridger, Introduction to Human factors and Ergonomics, CRC Press, 4th Edition
4. Manjit Kaur Chauhan, (2016). Ergonomics Practical Manual for Beginners, Authorpress, 1st edition