

An Ergonomics Issues Faced by Females Working in Garment Export Industry based in Jaipur

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Abstract

The Export industry is consist of 27000 domestic producers and 50000 fabricators and 1000 manufacture exporters. The clothing industries are working in different sectors. They are working in mainly women's wear, men's wear and kids wear. In India Jaipur is the city which is working in manufacturing field. There are lots of manufacturer who are making garments for foreign country. The 70% of workers are based in Jaipur. In each Export house minimum 50% females are working. The Objective of this study is to identify and describe possible ergonomics deficiencies in the workstation of finishing department in the export houses of Jaipur. This study explain the different diseases of females work in different department of garment industry like cutting, stitching and finishing. This study is based on Sitapura industrial area based in Jaipur. 35 export house of sitapura industrial area were selected for the sampling. 6 females were selected in each export house so total 210 females were interviewed through the questionnaire. The data were collected by the questionnaire in selected sample size. The data is analyzed by 2 way annova and find that the posture and working styles affects the women health. The closed environment is also affects the females health physically as well as mentally also. The work which they are doing are same and monotonous so its affects the females health. Headache, back pain, muscular pain, numbness and so many diseases were found in females. To look the same kind of garment in whole they have a problem in their eyes also. The cutting sections were found more accident happen than other department. 30% respondent said they work in stitching and feel musculoskeletal pain in back. Due to continuous sound of cutting machine 40% feels vibration induced syndrome diseases.

Keywords: Garment Export houses, females labor, ergonomics, health issues, movements, same posture

INTRODUCTION

The Apparel Industry in India had its start during the principal half of the twentieth century and has seen great development during the most recent forty years. There are around 7000 Apparel fabricating units in the nation giving work to in excess of 3 million people [1]. Jaipur represents a decent fare potential, there are roughly 356 Apparel fabricating units in Jaipur. As per WHO (1948), "Wellbeing is a condition of complete physical, mental and social prosperity and not simply the non-attendance of infections or illness".

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Word related wellbeing danger is worried about wellbeing peril according to workplace. The study of word related wellbeing perils covers a wide field,

similar to work physiology, word related cleanliness, word related brain research, word related toxicology and so on [2].

On the off chance that work errands and hardware do exclude ergonomic standards in their plan, laborer may have introduction to unnecessary physical pressure, strain, and overexertion, including vibration, off-kilter stances, strong efforts, dull movement, and hard work [3, 4]. Perceiving ergonomic danger factors in the work environment is a basic initial phase in adjusting perils and improving specialist insurance [3, 4]. Farhana Kaniz (2015) [5] led an examination on "Wellbeing and wellbeing in substance Industry". The examination tended to the present worldwide mechanical situation, for any industry to be effective, it is basic to instill security culture, wellbeing cognizance and ecological mindfulness in each representative of the association. Paul-Mujumdar [6] directed an investigation on the physical and emotional well-being status of piece of clothing laborers and how issue influence work profitability, seriousness of the piece of clothing industry on the planet market and the working existence of the laborers, especially of female specialists. It indicated that different ailments and maladies were boundless among the article of clothing laborers. Countless specialists were found to proceed with their work even they were experiencing different sicknesses and ailment [7].

Ergonomics in Work Place and its Assessment

Ergonomics is defined as the study of how people work in their environment. An example of ergonomics is a study of how people who primarily sit in their offices get work-related back injuries. The study of equipment design, particularly to lessen operator fatigue, pain, and injury.

Information about exposure in terms of postures, forces, frequency and times at play are common observation methods used to gather large amounts of data. Figure 1 shows the volume of work taken up in garment manufacturing units entailing continued seating and prolonged adoption of incorrect static posture. Several studies, however, had challenged the validity and reliability of such data [8–10].



Figure 1. Long durations of standing in the garment industry take a toll on the efficiency and health of the workers.

Source: IT revolutionising garment manufacturing in Bangladesh. (<https://apparelresources.com/technology-news/manufacturing-tech/it-revolutionising-garment-manufacturing-in-bangladesh/>).

The compiling of check-lists and observation methods has also been used successively the exposure has been measured by ergonomists where the data validity is comparatively high. The highest validity

has been obtained by 'direct measurements' utilization like in the case of recordings made of forces and postures.

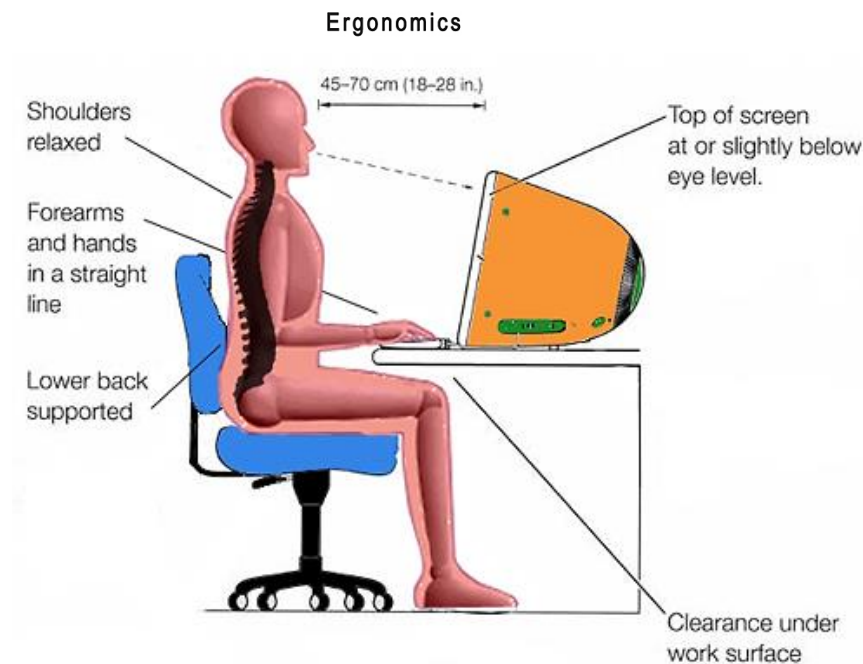


Figure 2. Sitting behavior of females.

Source: *Ergonomics of work space: Changing dynamics on OCRA evaluation and work aids, International Journal of Electrical Engineering & Education, Volume-4*

The seating behavior of females is very important in any garment house. Due to the long seating in bad posture creates so many diseases like muscles pain, back pain, pain in shoulders in the Figure 2.

Workstation Ergonomics and Conducive Workstations

There are multiple workstations which have the feature of management of medical facilities as presented in Figure 3 and 4.



Figure 3. Ergonomically designed work aids facilitate the health of the workers.

Source: *China's once-booming textile and clothing industry faces tough times.*



Figure 4. Periodic relaxation and exercise for health of garment manufacturing industry workers.

Source: *Ergonomics in the Sewing Room*, 26 September 2016.

RESEARCH OBJECTIVES

1. Investigation of the women's health problems working in garments Apparel Industry and provide an overview of health problems and quality of life among garment worker in Jaipur.
2. To analyze the health issues related to women in different section of garment Apparel Industry and to find out possible solutions how to overcome these issues.
3. To implant some safety measures for the working women in garment Apparel Industry.
4. To compare the work of different department and produced diseases.

A Pilot study of different 10 Export house based in Jaipur is done and based on that one questionnaire is prepared which is under working.

1. Due to Covid the industry was not working properly but now I have taken permission to go and talk the female's workers.
2. Investigate the basic health problem which is generally find in women are shown in the Figure 5.

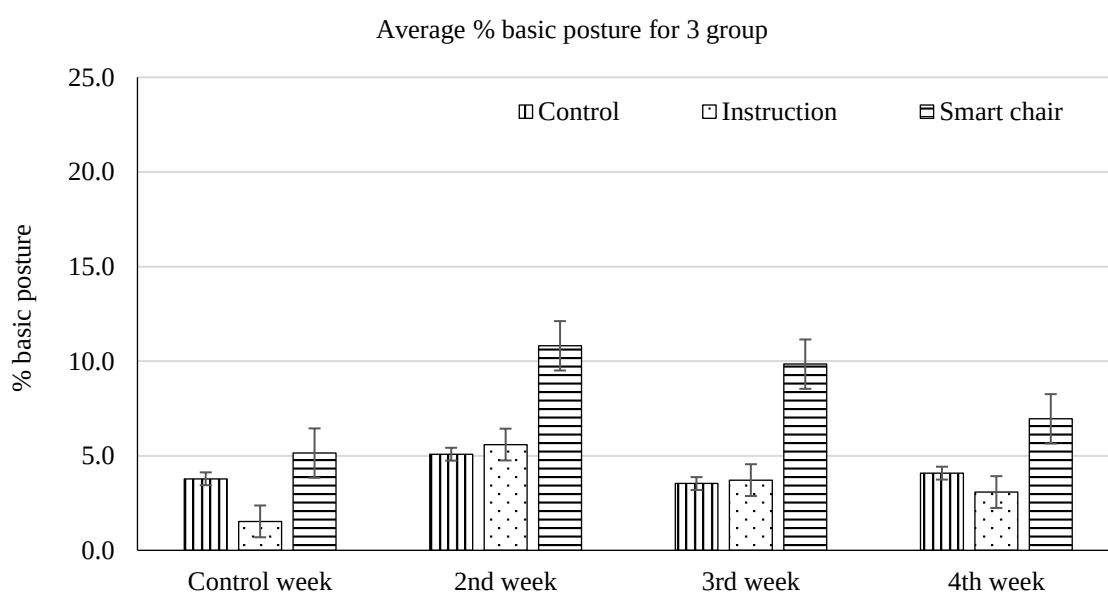


Figure 5. Average % basic posture for the 3 group.

RESEARCH METHODOLOGY

- Research Type: Observation and Descriptive Research
- Sampling Technique: Random Sampling
- 35 garment industries based in sitapura industrial area were selected and data was collected using an interview schedule and observation method. 10 women choose in each industry randomly of different age group.
- A sample of 500 respondents taking 10 from each unit was chosen randomly.

RESULT AND DISCUSSION

- The females who are working in garment industry are facing so many problem but due to their financial problem they are doing the same job continuously over the years.
- The garment industry owner should understand the females problems, they should arrange the different facility of females.
- There should be female doctors visit once in a week in garment industry and distribute the free basic medicine.
- Regular health check-up should be done in garment industry and it should be free of cost.
- Pure drinking water, light facility, sitting arrangement should be there in each export house.
- Some standard Laws for the working womens in garment industry – Ministry of labor & employment make some of the important protective provisions for safeguarding the interests of working women, these are:
 - *Safety/Health measure*: Section 22(2) of the Factories Act, 1948 provides that no woman shall be allowed to clean the floor and other work which may create risk of injury.
 - *Prohibition of Night Work*: Section 66(1)(b) of the Factories Act, 1948 states that no woman shall be required or allowed to work in any factory except between the hours of 6 a.m. and 7 p.m.
 - *Maternity Benefits*: The Maternity Benefit Act, 1961 regulates the employment of women in certain establishments for certain periods before and after child-birth and provides maternity benefits.
 - *Provisions for Separate Washing Facilities*: Section 57 of the Contract Labour (Regulation and Abolition) Act, 1970 provides separate bathrooms for the females.

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