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EFFECT OF POSTURE ON HEART RATE OF THE MOTORCYCLE RIDER

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Abstract

This paper deals with an experimental investigation on the effect of posture of the rider on his heart rate while riding a motor cycle. Every work requires certain posture. The rider of the motorcycle attains sitting posture during movement. This sitting posture leads to greater impact on the health of the rider due to its limited provision for mobility during riding. According to physiology, heart rate is the best indicator of the health of any human being and its study has become an important factor in the field of human physiology and ergonomics. The literature study reveals that good comfortable posture is essential for the rider to avoid hazardous attack on health in short as well as in long run. The present experimental study is made an attempt to investigate the effects of posture on heart rate of the motorcycle rider. It indicates a large variation in the heart rate at certain trunk inclination of the posture with respect to rest state. Such large variation may lead to health hazards in heart rate over a long run.

Key words: Heart rate, Motorcycle rider, Posture, Trunk inclination