

APPLICATION OF RULA AND REBA FOR ERGONOMIC ASSESSMENT IN ASSEMBLY WORKERS

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Abstract

Many occupational tasks in industries are still associated with strenuous working postures and movement. Combined with a heavy physical workload, they result in a high frequency of work-related musculoskeletal disorders (WMSDs). The intention of this study is to reveal the empirical study of discomfort experienced by the operators during performing the task. The RULA (rapid upper limb assessment system) and REBA (rapid entire body assessment) tools are used in order to assess the area of discomfort. Through this analysis posture improvements were suggested. Suggestions were given to have increased safety level and to avoidance of discomfort.

Keywords: Ergonomics, posture analysis, RULA, REBA

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