



Importance of Ergonomics in Agriculture

Pedada Akhil*

Department of Medical Science, Kyrgyz-Russian Slavic University, Kyrgyzstan, Russia

DESCRIPTION

Agriculture plays a crucial role in the country's economy. Apart from food and raw materials, agriculture also provides many employment opportunities to a very large percentage of the population. Agriculture is an industry with enormous freedoms for the use of ergonomics standards. Ergonomics in agriculture have pronounced importance because it is a multidisciplinary science that endeavors to form a far better fit between the work and the worker to ensure their health and safety. There are certain established ways of doing agriculture work that leads to sustainability and it also improves work conditions for workers through a series of smaller ergonomic steps. There are some arrays of hazards, *viz.* physiological, mechanical, chemical, and environmental among agricultural workers. There will be body discomforts in farming and many farmworkers have reported very severe pain in the lower back while performing agricultural activities. Educational interventions should be planned for creating awareness regarding hazards and safety in agriculture work. Ergonomically based technologies in agriculture will provide quality life to the farmers.

Working conditions are incredibly troublesome because of extreme ecological conditions, long working hours, exhausting work, and the utilization of versatile hardware. In recent years agriculture has been more mechanized but still, many small farm operations are done manually such as planting and harvesting. Agricultural activities such as twisting, kneeling, forceful gripping, carrying, stooping, bending make musculoskeletal

injuries resulting in pain in the back, neck, and shoulders as well as other areas of the body.

Many ergonomically designed tools are available in market agriculture that works more comfortably, including lifting tools, weeding stands, and harvest carts. Some ergonomic solutions solely call for smaller or differently shaped carrying tubs. In agriculture, ergonomically designed workstations can help in the improvement of the health and well-being of workers. Periodically performing light strengthening and stretching exercises can also help prevent injuries.

Thailand is one of the famous leading sources of farming products in the world. Automation has extended significantly during the last ten years and also the quantity of horticultural hardware has quickly expanded. The most generally utilized machine is a force turner which is realistic for the homestead sizes accessible and can be worked without any problem. The majority of the force turners and other hardware were observed to be privately made, with fewer than 5% imported. Sadly, there was no normalization in power turner producing which prompted expanding ranchers' strain. Agriculture is being done with the help of automated tools nowadays, and with the help of these automated tools, different individuals perform many tasks such as planting, fertilizing, etc.

The objective of ergonomics isn't just to further develop work execution yet additionally to work on human solace just as well-being. The objective of ergonomics is to plan the work environment and adjust to the physiological, mental, and conduct capacities of labourers.

Correspondence to: Akhil P, Department of Medical Science, Kyrgyz-Russian Slavic University, Kyrgyzstan, Russia, E-mail: akhilpedada410@gmail.com

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