ABSTRACT

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Abstract:

A good workstation design must be comfortable, safe and easy to use for the workers. Using the anthropometric dimensions of the workers, a better fit between the workers and the workstation design can be achieved. Studies have shown that when the design of the workplace matches the dimensions of the users, prevalence of musculoskeletal diseases can be reduced. Though workstation design guideline is available and various standards are being referred to, there is a lack of study on matching the anthropometric data of the users with the dimensions of the workstation in Malaysia. Having a guideline that addresses this match is important. This study was carried out to develop an ergonomics workstation guideline suitable for the Malaysian population. The anthropometric data used was based on 1134 Malaysian workers comprising of 863 males and 261 females. For static standing workstation design guideline, four body dimensions were use such as 95th percentile of male stature, 5th percentile of female standing eye height to 95th percentile of male eye height, 5th percentile of female standing elbow height to 95th percentile of male standing elbow height, 5th percentile female fingertip reach. Six body dimensions for static sitting workstation design guideline. Future work should be developing in prototype workstation.