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| **13.** | **Gender participation and technology used:** | | | | |
| **S. No.** | **Farm Activity** | **Gender participation\*** | **Technology usage** | | |
| **Name of technology** | **Satisfied** | **Not satisfied** |
| **1** | ***Land preparation*** |  |  |  |  |
| Removing of stalks and stubbles |  |  |  |  |
| Ploughing by country plough |  |  |  |  |
| Leveling |  |  |  |  |
| Compartment bunding |  |  |  |  |
| Preparing channels for irrigation |  |  |  |  |
| **2** | ***Manuring*** |  |  |  |  |
| Transportation of manure |  |  |  |  |
| Mixing of manure |  |  |  |  |
| Spreading of manure |  |  |  |  |
| Any other (mention) |  |  |  |  |
| **3** | ***Sowing*** |  |  |  |  |
| Seed treatment |  |  |  |  |
| Seed dropping |  |  |  |  |
| Dibbling |  |  |  |  |
| Broadcasting of seeds |  |  |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |  |  |
| Weeding (plant to plant) |  |  |  |  |
| Interculturing (row to row) |  |  |  |  |
| Top dressing |  |  |  |  |
| **5** | ***Plant protection*** |  |  |  |  |
| Spraying |  |  |  |  |
| Dusting |  |  |  |  |
| Nipping / Topping |  |  |  |  |
| Any other (mention) |  |  |  |  |
| **6** | ***Harvesting*** |  |  |  |  |
| Picking |  |  |  |  |
| Gathering & Heaping |  |  |  |  |
| **Loading** |  |  |  |  |
| **7** | **Baggage and transport** |  |  |  |  |
| Bagging at field |  |  |  |  |
| Manual carrying |  |  |  |  |
| Manual loading |  |  |  |  |
| ***\*Women exclusive – WE, Women dominant – WD, Men exclusive – ME, Men dominant – MD, Equal participation – EP*** | | | | | |

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| **14.** | **Activity analysis of physical load in cotton production system ( look in the score sheet for numbers mentioned in upper case)** | | | | | |
| **S.No** | **Farm Activity** | **Physical load** | | | | |
| **Weight of the load (kgs)** | **Distance carried (kms)** | **Height lifted**  **(mts)** | **Physical Load Rating1** | **Physical Load Factor** |
| **1** | ***Land preparation*** |  |  |  |  |  |
| Removing of stalks and stubbles |  |  |  |  |  |
| Ploughing by country plough |  |  |  |  |  |
| Leveling |  |  |  |  |  |
| Compartment bunding |  |  |  |  |  |
| Preparing channels for irrigation |  |  |  |  |  |
| **2** | ***Manuring*** |  |  |  |  |  |
| Transportation of manure |  |  |  |  |  |
| Mixing of manure |  |  |  |  |  |
| Spreading of manure |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |
| ***Sowing*** |  |  |  |  |  |
| **3** | Seed treatment |  |  |  |  |  |
| Seed dropping |  |  |  |  |  |
| Dibbling |  |  |  |  |  |
| Broadcasting of seeds |  |  |  |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |  |  |  |
| Weeding (plant to plant) |  |  |  |  |  |
| Interculturing (row to row) |  |  |  |  |  |
| Top dressing |  |  |  |  |  |
| **5** | ***Plant protection*** |  |  |  |  |  |
| Spraying |  |  |  |  |  |
| Dusting |  |  |  |  |  |
| Nipping / Topping |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |
| **6** | ***Harvesting*** |  |  |  |  |  |
| Picking |  |  |  |  |  |
| Gathering & Heaping |  |  |  |  |  |
| **7** | **Loading** |  |  |  |  |  |
| **Baggage and transport** |  |  |  |  |  |
| Bagging at field |  |  |  |  |  |
| Manual carrying |  |  |  |  |  |
| Manual loading |  |  |  |  |  |

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| **15.** | **Activity analysis of posture in cotton production system (give the discomfort rating2 for body part involved from the score sheet)** | | | | | | | | | | | | | | | | | | | | | |
| **S.No** | **Farm Activity** | **Nature of posture** | | | | | | | **Body part involved** | | | | | | | | | | | | | **Posture load factor** |
| **Standing** | **Standing & Bending** | **Twisted trunk** | **Sitting** | **Sitting & bending** | **Squatting** | **Kneeling** | **Head** | **Neck** | **Shoulder** | **Upper arms** | **Lower arms** | **Chest** | **Abdomen** | **Waist** | **Hips** | **Upper legs** | **Lower legs** | **Upper back** | **Lower back** |
| **1** | ***Land preparation*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Removing of stalks and stubbles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ploughing by country plough |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Leveling |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Compartment bunding |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Preparing channels for irrigation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** | ***Manuring*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Transportation of manure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixing of manure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spreading of manure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** | ***Sowing*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seed treatment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seed dropping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dibbling |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broadcasting of seeds |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weeding (plant to plant) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Interculturing (row to row) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Top dressing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5** | ***Plant protection*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spraying |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dusting |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nipping / Topping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** | ***Harvesting*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Picking |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gathering & Heaping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Loading |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** | **Baggage and transport** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bagging at field |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Manual carrying |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Manual loading |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **16.** | **Activity analysis of repetitive strain in cotton production system ( look in the score sheet for numbers mentioned in upper case)** | | | | |
| **S. No.** | ***Farm activity*** | **Nature** | | **Repetitive Strain Rating3** | **Repetitive strain load factor** |
| **Cyclic** | **Repetitive** |  |  |
| **1** | ***Land preparation*** |  |  |  |  |
| Removing of stalks and stubbles |  |  |  |  |
| Ploughing by country plough |  |  |  |  |
| Leveling |  |  |  |  |
| Compartment bunding |  |  |  |  |
| Preparing channels for irrigation |  |  |  |  |
| **2** | ***Manuring*** |  |  |  |  |
| Transportation of manure |  |  |  |  |
| Mixing of manure |  |  |  |  |
| Spreading of manure |  |  |  |  |
| Any other (mention) |  |  |  |  |
| ***Sowing*** |  |  |  |  |
| **3** | Seed treatment |  |  |  |  |
| Seed dropping |  |  |  |  |
| Dibbling |  |  |  |  |
| Broadcasting of seeds |  |  |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |  |  |
| Weeding (plant to plant) |  |  |  |  |
| Interculturing (row to row) |  |  |  |  |
| Top dressing |  |  |  |  |
| **5** | ***Plant protection*** |  |  |  |  |
| Spraying |  |  |  |  |
| Dusting |  |  |  |  |
| Nipping / Topping |  |  |  |  |
| Any other (mention) |  |  |  |  |
| **6** | ***Harvesting*** |  |  |  |  |
| Picking |  |  |  |  |
| Gathering & Heaping |  |  |  |  |
| **7** | **Loading** |  |  |  |  |
| **Baggage and transport** |  |  |  |  |
| Bagging at field |  |  |  |  |
| Manual carrying |  |  |  |  |
| Manual loading |  |  |  |  |

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| **17.** | **Activity analysis of physiological load in cotton production system ( look in the score sheet for numbers mentioned in upper case)** | | |
| **S. No.** | ***Farm activity*** | **Physiological load rating4** | **Physiological load factor** |
| **1** | ***Land preparation*** |  |  |
| Removing of stalks and stubbles |  |  |
| Ploughing by country plough |  |  |
| Leveling |  |  |
| Compartment bunding |  |  |
| Preparing channels for irrigation |  |  |
| **2** | ***Manuring*** |  |  |
| Transportation of manure |  |  |
| Mixing of manure |  |  |
| Spreading of manure |  |  |
| Any other (mention) |  |  |
| ***Sowing*** |  |  |
| **3** | Seed treatment |  |  |
| Seed dropping |  |  |
| Dibbling |  |  |
| Broadcasting of seeds |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |
| Weeding (plant to plant) |  |  |
| Interculturing (row to row) |  |  |
| Top dressing |  |  |
| **5** | ***Plant protection*** |  |  |
| Spraying |  |  |
| Dusting |  |  |
| Nipping / Topping |  |  |
| Any other (mention) |  |  |
| **6** | ***Harvesting*** |  |  |
| Picking |  |  |
| Gathering & Heaping |  |  |
| **7** | **Loading** |  |  |
| **Baggage and transport** |  |  |
| Bagging at field |  |  |
| Manual carrying |  |  |
| Manual loading |  |  |

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| **18.** | **Activity analysis of Duration/ Time in cotton production system ( look in the score sheet for numbers mentioned in upper case)** | | | | | | |
| **S. No.** | ***Farm activity*** | **Hours/ day** | **No. of days** | **No. of man days/ season5** | **No. of labour employed** | **Work load as per time6** | **Time Load Factor** |
| **1** | ***Land preparation*** |  |  |  |  |  |  |
| Removing of stalks and stubbles |  |  |  |  |  |  |
| Ploughing by country plough |  |  |  |  |  |  |
| Leveling |  |  |  |  |  |  |
| Compartment bunding |  |  |  |  |  |  |
| Preparing channels for irrigation |  |  |  |  |  |  |
| **2** | ***Manuring*** |  |  |  |  |  |  |
| Transportation of manure |  |  |  |  |  |  |
| Mixing of manure |  |  |  |  |  |  |
| Spreading of manure |  |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |  |
| ***Sowing*** |  |  |  |  |  |  |
| **3** | Seed treatment |  |  |  |  |  |  |
| Seed dropping |  |  |  |  |  |  |
| Dibbling |  |  |  |  |  |  |
| Broadcasting of seeds |  |  |  |  |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |  |  |  |  |
| Weeding (plant to plant) |  |  |  |  |  |  |
| Interculturing (row to row) |  |  |  |  |  |  |
| Top dressing |  |  |  |  |  |  |
| **5** | ***Plant protection*** |  |  |  |  |  |  |
| Spraying |  |  |  |  |  |  |
| Dusting |  |  |  |  |  |  |
| Nipping / Topping |  |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |  |
| **6** | ***Harvesting*** |  |  |  |  |  |  |
| Picking |  |  |  |  |  |  |
| Gathering & Heaping |  |  |  |  |  |  |
| **7** | **Loading** |  |  |  |  |  |  |
| **Baggage and transport** |  |  |  |  |  |  |
| Bagging at field |  |  |  |  |  |  |
| Manual carrying |  |  |  |  |  |  |
| Manual loading |  |  |  |  |  |  |

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| **19** | **Activity analysis of body pain & disorders in cotton production system ( A – body disorder symptoms7, B – body pain rating8, F – frequency9)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **S. No.** | ***Farm activity*** | **Standing** | | | **Head** | | | **Neck** | | | **Shoulder** | | | **Upper arms** | | | **Lower arms** | | | **Abdomen** | | | **Waist** | | | | **Upper legs** | | | | **Chest** | | | | **Hips** | | | | **Lower legs** | | | **Upper back** | | | **Lower back** | | | **Posture load factor** |
| **A** | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** | **A** | | **B** | **F** | **A** | | **B** | **F** | **A** | | **B** | **F** | **A** | | **B** | **F** | **A** | **B** | **F** | **A** | **B** | **F** |  |
| **1** | ***Land preparation*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Removing of stalks and stubbles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Ploughing by country plough |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Leveling |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Compartment bunding |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Preparing channels for irrigation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| **2** | ***Manuring*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Transportation of manure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Mixing of manure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Spreading of manure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| **3** | ***Sowing*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Seed treatment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Seed dropping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Dibbling |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Broadcasting of seeds |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| **4** | ***Weeding and intercultivation*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Weeding (plant to plant) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Interculturing (row to row) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Top dressing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| **5** | ***Plant protection*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Spraying |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Dusting |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Nipping / Topping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Any other (mention) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| **6** | ***Harvesting*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Picking |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Gathering & Heaping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Loading |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| **7** | **Baggage and transport** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Bagging at field |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Manual carrying |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
| Manual loading |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **20.** | **Estimation of load factor by comparative selection from combinations given** | | | | | | | | | |
|  | Physical load x Posture |  | Physical load x repetitive strain |  | Physical load x Time |  | Physical load x MSD |  | Physical load x physiological load |  |
|  | Posture x repetitive strain |  | Posture x Time |  | Posture x MSD |  | Posture x physiological load |  | Repetitive strain x Time |  |
|  | Repetitive strain x MSD |  | Repetitive strain x physiological load |  | Time x MSD |  | Time x physiological load |  | MSD x physiological load |  |
|  | 1. There are 15 combinations enlisted in 15 boxes.  2. The opinion of the respondent needs to be elicited for every box of combination for each activity  3. Only one variable from each of the combinations listed shall be tick marked in every box.  4. summate the frequency as per the tick mark given in every box against each variable  5. The sum obtained against each variable needs to be mentioned as load factor at the columns mentioned with variable name. | | | | | | | | | |

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| --- | --- | --- | --- |
| **Score sheet** | | | |
| **S. No.** | **Item** | **Score/ rating** | |
| **1** | **Physical Load rating** | Very heavy | *5* |
| Heavy | *4* |
| Moderately heavy | *3* |
| Low | *2* |
| Very low | *1* |
| **2** | **Discomfort rating** | Very severe | *5* |
| Severe | *4* |
| Moderate | *3* |
| Mild | *2* |
| Very mild | *1* |
| **3** | **Repetitive strain rating** | Very exhausted | *5* |
| Exhausted | *4* |
| Moderately exhausted | *3* |
| Mildly exhausted | *2* |
| Comfortable | *1* |
| **4** | **Physiological work load rating** | Very light | *1* |
| Light | *2* |
| Moderately heavy | *3* |
| Heavy | *4* |
| Very heavy | *5* |
| **5** | **No. of man days** | 8 hrs = 1 man day |  |
| **6** | **Work load as per time** | Very high duration | *5* |
| High duration | *4* |
| Moderate | *3* |
| Less duration | *2* |
| Very less duration | *1* |
| 7 | **Body disorders symptoms** | Itching | *1* |
| Burning | *2* |
| Numbness | *3* |
| Stiffness | *4* |
| Swelling | *5* |
| Pain | *6* |
| 8 | **Body pain rating** | Very painful | *5* |
| Painful | *4* |
| Moderate | *3* |
| Mild | *2* |
| No pain | *1* |
| 9 | **Pain Frequency** | Never | *1* |
| Very often | *2* |
| Not very often | *3* |
| Quiet often | *4* |
| Always | *5* |