

**IDENTIFICATION OF PHYSICAL RISKS AND HAZARDS: A
PROSPECTIVE SURVEY ON SEWING MACHINE OPERATORS OF A
READYMADE GARMENTS FACTORY AT DHAKA EXPORT
PROCESSING ZONE, BANGLADESH.**

By

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ABSTRACT

Awareness is an important thing for both garments workers and the employers. But now-a-days people are very busy to earn money by ignoring all of the important things that they should concern. Such an important thing is physical hazards. Physical hazard is one of the leading causes of impairment, economic loss, even disability as well as the society and the country.

Garment manufacturing, like other industrial processes, can be hazardous work. It's important for employers and workers to be aware of the hazards associated with garment manufacturing and take precautions to guard against work-related illnesses and injuries. The aim of the study is to explore the physical risks and hazards among the sewing machine operators in a readymade garments factory at Dhaka Export Processing Zone. A prospective survey was designed for conducting the study. Proportionate stratified random sampling is used for selecting the sample group. Then the desired sample was screened out according to the inclusion and exclusion criteria. Finally the survey was done by using questionnaire and observation checklists. Single blind procedure is applied for the study to reduce the biasness. In the survey there were found some physical risks such as awkward posture, repetition, duration of work, force, physical exertion, recovery time, machine height, chair height and elbow height. And participants reported some risks but musculoskeletal disorders and cut injury is the main which they respond most. In Musculoskeletal problem they mentioned hand pain, leg pain, back pain and neck pain.

Key words:

Physical risks and hazards, sewing machine operators, readymade garment factories, Dhaka Export Processing Zone.