

### List of Figure

Sr.No	Figure	Page No.
1	A guide to use in planning kitchen cabinets that for both the worker and equipment	34
2(a)	Normal and Maximum Working areas- Horizontal Planes	35
2(b)	Normal and Maximum Working areas- Vertical Planes	36
3	Conceptual Framework	49
4	Schematic diagram showing hypothetical relationship among variables under study	51
5	Anthropometric Measurements in Standing Position	68
6	(a) Upper Position Length in Standing Position (b) Upper Position Height in Standing Position	73
7	(a) Lower Position Length in Standing Position (b) Lower Position Height in Standing Position	73
8	(a) Upper Position Length in Leaning Position (b) Upper Position Height in Leaning Position	75
9	(a) Lower Position Length in Leaning Position (b) Lower Position Height in Leaning Position	75
10	Minimum horizontal reach in sitting position	77
11	Maximum horizontal reach in sitting position	77
12	OWAS Worksheet	83
13	(a) Load/Use of Force (b) Action Worksheet (c) Action level	
14	Body Map	93
15	Age of the Respondents	100
16	Marital Status of the Respondents	100
17	Percentage distribution of respondents by education	102
18	Living arrangement of the respondents	102
19	Past occupation status of the respondents	105
20	Age of retirement of the respondents	105
21	Present occupation status of the respondents	107
22	Family's Monthly Income	107
23	Amount of pension received by the respondents	109
24	Amount of money received by the respondents through present employment	109
25	Amount of Investment/Saving/Retirement benefits received by the respondents	111
26	Allowance given by children to the respondents	111
27	Type of house of the respondents	114
28	Extent of Functional capacity of the respondents in Kitchen	116
29	Extent of Functional capacity of the respondents in Bedroom	119
30	Perception of the Respondents for their own general health status	121

31	Extent of severity of diseases/ailments felt by the respondents	129
32	Extent of problems in movement of body parts felt by the respondents	129
33	Extent of body Trouble faced by the respondents	131
34	Anthropometric measurements of the respondents in Standing position	135
35	Breadths and Depth measurements of the respondents	135
36	Circumference measurements of the respondents	137
37	Arm reach lengths and Height measurements of the respondents in Standing position	137
38	Arm reach lengths and Height measurements of the respondents in leaning position	139
39	Anthropometric measurements of the respondents in Sitting position	147
40	Miscellaneous measurements of the respondents	147
40 (a)	Number of respondents possessing various kinds of storage units in kitchen	154
40 (b)	Number of respondents possessing various kinds of storage units in bedroom	
41	Mean illumination level (lux) of Natural light inside storage units in Kitchen	
42	Mean illumination level (lux) of artificial light inside storage units in Kitchen	
43	Mean illumination level (lux) of Natural light inside storage units in Bedroom	
44	Mean illumination level (lux) of artificial light inside storage units in Bedroom	
43	Extent of pain felt by elder women while using existing storage units in kitchen: Free standing and Built-in (upto 6/7 feet)	220
44	Extent of pain felt by elder women while using existing storage units in kitchen: Built-in wall cabinet and Wall mounted cabinet	222
45	Extent of pain felt by elder women while using existing storage units in kitchen: Base cabinet and Wall mounted rack	224
46	Extent of pain felt by elder women while using existing storage units in kitchen: Other rack and Loft	226
47	Extent of pain felt by elder women while using existing storage units in kitchen: Open shelves	228
48	Extent of pain felt by elder women while using existing storage units in bedroom: Free-standing and built-in (upto 6/7)	232
49	Extent of pain felt by elder women while using existing storage units in bedroom: Built-in floor to ceiling and Chest of drawers	234
50	Extent of pain felt by elder women while using existing storage units in bedroom: Wall storage unit and Base storage unit	236
51	Extent of pain felt by elder women while using existing storage	

	units in bedroom: Box bed	238
52	Extent of problems related to space availability for storage unit in kitchen	245
53	Extent of Problem regarding Inner features of storage unit in Kitchen	245
54	Extent of problems regarding outer features of the storage units in Kitchen	249
55	Extent of problems related to space availability for storage unit in Bedroom	255
56	Extent of problems regarding inner features of the storage units in Bedroom	255
57	Extent of problems regarding Outer features of the storage units in Bedroom	260
58	Extent of problems faced by respondents while using storage units in kitchen	266
59	Extent of other problems faced by respondents while using storage units in bedroom	271
60	Level of satisfaction felt by the respondents while using storage units in Kitchen	302
61	Level of satisfaction felt by the respondents while using storage units in bedroom	306
62	Suggested Design of Free- standing Storage units in bedroom. Design 1 and 2: Front view	340
63	Design 1 and 2: Total dimensions	342
64	Open view Mirror on left side	344
65	Open view Mirror on right side	344
66	Design 1: Open View with Shelf's dimensions (A)	345
67	Design 1: Top shelf-Pull out and pop down (A) and light on the shelf	346
68	Design 1: Top shelf (B)	348
69	Design 1: Middle shelf (C) with light and Drawer 1 (D)	348
70	Design 1: Open View with Shelf' dimensions (A)	349
71	Design 1: Sliding Mirror (J) on Left and Right hand side	351
72	Design 1: Middle shelf (G) and light on the shelf	352
73	Design 1: Locker (H) and Drawer 2 (I)	352
74	Design 1: Light inside locker (H)	352
75	Design 1: Lower shelf (E) and (F) and placement of light on the shelf	354
76	Design 1: Lower shelf- Hanger rods	355
77	Design 1 and 2: Sliding step	357
78	Design 1 and 2: Bangle holder on right side	359
79	Design 1 and 2: Transparent side pocket on right door	359
80	Design 1 and 2: Hooks on left door	360
81	Design 1 and 2: Hanging rod on left door	360

82	Design 1 and 2: Hinges used in storage unit	362
83	Design 2: Open view	364
84	Design 2: Open view with shelf's dimensions (A)	365
85	Design 2: Top shelf (A) and (B) with light	367
86	Design 2: middle shelf (C) with light	368
87	Design 2: Middle shelf (D) with light	368
88	Design 2: Lower middle shelf (E) with light	370
89	Design 2: Locker (F)	370
90	Design 2: Drawer (G)	370
91	Design 2: Open View with Shelf's dimension (B)	372
92	Design 2: Lower Shelf and Hanger rod	373
93	Suggested Dimensions for Kitchen Storage	379
94	Suggested design of kitchen	380
95	A-View: Sink Center	381
96	B-View: Refrigerator center	383
97	C-View: Storage unit	385
98	D-View: Range center	386