

From  
ICF Staff Club  
AG129/18,VII Main Rd  
AnnaNagar,Chennai-40

To

# INTEGRAL NEWS

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D&L-shed: R.Shanmugam, SSE/13

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88,RRM: K.S.Rajakumar, SSE/88

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74, Tele, Union: D.N.Ramesh, SSE/Proj

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S.Muthukumar, Dy CME/TPTY/SCR

B.Chandrasekaran, SME/D-II

K.N.Mohan, WM/A/S

R.Srinivasan, APE/PR/F



Shri. A K Mittal has assumed the charge as Member Staff, Railway Board, on 13th Nov. Prior to this new posting, he served as General Manager of South Western Railway. Since May 4 Shri Subodh Jain, Member (Engineering), was holding additional responsibility of Member (Staff).



Shri Ashok K. Agarwal assumed the charge of General Manager, ICF, on 20<sup>th</sup> Nov. Prior to this new posting, he served as Chief Administrative Officer/ Indian Railways Organisation for Alternate Fuels, New Delhi since January, 2013. He has also held the posts of DRM/WCR, Bhopal, CME/ECOR and CME/DMW, Patiala apart from many other posts in Railway Board, RITES, RDSO, Western Railway and Northern Railway.

After passing on completion of four years Mechanical Engineering training as Special Class Railway Apprentice at the Indian Railways Institute of Mechanical & Electrical Engineering, Jamalpur, Shri Ashok K. Agarwal joined the Indian Railways Service of Mechanical Engineers in March 1978 in Western Railway. During his training, he also passed the examinations of the Council of Engineering Institutions, London to graduate in Mechanical Engineering, and the examinations of the Institution of Engineers, India to graduate in Mechanical Engineering and also in Electrical Engineering. He was awarded Gold Medals by the Institution of Engineers, India and by Indian Staff College, Vadodara. He is a Member of the Institution of Engineers, India and a Chartered Engineer.

Shri Ashok K. Agarwal has more than 35 years of experience on the Indian Railways in the field of Man & Asset management, Workshop Management, Railway operations, Materials Management, Investment & Budgetary Control, Transfer of Technology, Planning and R&D. Shri Ashok K. Agarwal has also attended customized training programme for higher management at HEC, Paris and visited many other countries such as USA, UK, France, South Africa, Australia, Saudi Arabia, Nigeria etc in connection with Railway Assignments.



Shri. Hemant Kumar, a 1973 batch Special Class Railway Apprentice (SCRA) cadre officer, took over as the General Manager of Western Railway on 21st Nov. Prior to this, he was holding the post of Additional Member (Mechanical) in the Railway Board. Earlier he had served as CME/ICF.

Railway Board has appointed three more General Managers : Shri Rajiv Bishnoi for East Coast Railway (Bhubaneswar), Shri Navin Tandon for South East Central Railway (Bilaspur), and Shri P.K. Srivastava for South Central Railway (Secunderabad).



Guard of Honour to GM/ICF by RPF on 22<sup>nd</sup> Nov.



GM visited Shell factory on 23<sup>rd</sup> Nov, Fur & LHB shed on 26<sup>th</sup>, RRM and D&D on 28<sup>th</sup> Nov.



As part of Quami Ekta week, Shri Pankaj Kumar, CME, administered the pledge to staff on 19<sup>th</sup>.



AIDS awareness cycle rally from ICF to Chengalpattu was organized by Scouts & Guides.



As part of Children's day celebration Smt Deepika Bhatnagar, W/o. Shri Pankaj Kumar, CME, distributed gifts to children of GEM's school run by ICF WWO.



Children's day was celebrated at Integral club with cultural, sports and competitions on 16<sup>th</sup> Nov.



Shri.G.Loganathan, DyCMM/P/S, has passed International Diploma in "Supply Chain Management". This course is being conducted by International Trade Centre/ Geneva (Organisation formed by WTO & UN). He is the second officer in Indian Railways to acquire this international Diploma.

The following employees have been elected as office bearers of All India SC/ST Assn. ICF Zone on 27 <sup>th</sup> Nov.		
	President P.Kothandan, Sr Tech/30	Genl Secretary V.Santhakumar, Tech-2/32
		
Treasurer K.Vijayakumar, Tech-1/28	Working President D.Vasudevan, Sr Tech/22	Addl Genl Secy C.Maruthavanan, Tech-1/40

The following employees were admired by everyone for their sincere election duty which ensured peaceful, free and fair, election of office bearers of All India SC/ST Assn /ICF Zone.		
	R. Mehalan, SE/IT	P. Shankar, Progressman/F
Election Officers		
		
V. Kumaravel, SSE12 Ch Election Officer	S. Prakash, SSE/Plg/S	M. Natarajan Tech-1/36
Election Co-ordinators		

**Person of the Month**

	
July' 13: Shell S. Prakash, SSE/Plg/S	July' 13: Fur M.P. Palani, SrTech/28
	
Aug' 13: Shell K. Ambalavanan, Tech1/13	Aug' 13: Fur S. Manoharan, SrTech/80
	
Sep' 13: Shell U. Shylesh, Tech3/ 48	Sep' 13: Fur S. Jayaraman, Progman
	
Oct' 13: Shell G. Rajanbabu, SrTech/22	Oct' 13: Fur K. Anandan, Tech-2/ 30

**OFFICIAL POSTINGS**

Name S/Shri/ Smt	Previous	Present
L.C.Trivedi	W.Rly	CPM
N.K.Toppo	CPM	CME/QA
S.Rangarajan	CME/QA	Ord Factory
H.Narayanan	C.Rly	DyCMM/P/F
Gajbhiye Dinesh	SME/MRVC/F	C.Rly
Aleyamma Hezakiel	Sr EDPM	S.Rly
B.Rani	S.Rly	Sr EDPM
P.Shanmugam	AMM/M2/F	AMM/MRVC/FD
K.Madhushudana pillai	CDMS	AMM/UP/S
K.Damodaran	CDMS	AMM/MRVC/S
P.C.Mathai	Ch OS	AMM/SD
K.Ramesh	CDMS	AMM/M2/F
P.Sivaprakasam	PS- GM	PS- FA&CAO
C.Chandrasekaran	PS-FA&CAO	PS- GM

**STAFF OUTFLOW – LAST MONTH**

SI	Name S/Shri	Design	Mode
1	Rajeshkumarupadhyay	JE/30	Transfer
2	U.Satheesh	Vendor	Resigned
3	Mukesh Meena	Mali/70A	Resigned
4	P.J.Ganesh	Tech-2/74	Resigned
5	P.Sekar	SrTech/26	V.R
6	V.K.Subramanian	SrTech/21	V.R
7	K.S.Mani	SrTech/30	V.R

**WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES**

SI	Name S/Shri	Designation
1	Y.Kunjumon	SrTech/30
2	V.Palani	Tech-1/30

**EMPLOYEES RETIRING on 31<sup>st</sup> December'13**

1	M.S.Chandrasekaran	DyFA&CAO..	
2	Chengalvarayan .C	Tech-1/BS	13
3	Rajendran .R	Tech-1/MGL	13
4	Shanmugam.G	Tech-1/Welder	14
5	Khader Navaz.G	Sr.Tech/FGL	20
6	Ganesan.M	Sr.Tech/Welder	21
7	Loganathan.V	Tech-1/Welder	22
8	Jothi.MK	Sr.Tech/Welder	26
9	Damodaran .J	Sr.Tech/FGL	26
10	Rajendran .A	Sr.Tech/FTR	41
11	Pandurangan.A	Chief DMS..	SD
12	Veeraraghavan .K	O.S	TO/S
13	Yesodha.	Sr.San.Mistry..	Engg
14	Deenaprasad. KN.	Hd Constable..	RPF
15	Abdul Hafiz.	Sr.Tech/FGL	30
16	Sundara Raj.N	Tech-1/Welder	30
17	Poorna Rao.B	Tech-1/Carp	30
18	Janarthanam .K	Tech-1/Painter	54
19	Mohanakrishnan .S	Sr.Tech/FMW	80
20	Lakshmi.M	Tech-1/FMW	80

*We wish them A Happy & Peaceful Retired Life*

**Agenda Subjects placed by Shri K.V.RAMESH in the Staff Council Meeting held on 20<sup>th</sup> Nov.**

1. First batch of RRB- App Mechs appointed prior to 1.1.1995 were fixed at pay of Rs.5000 on absorption and second batch appointed after 1.1.1995 were fixed at pay of Rs.5150 on absorption. Pay of senior shall be stepped up to the same stage in the revised scale as that of the junior.
2. After the implementation of new training schedules issued by Railway Board for JE selection, number of supervisor trainees of ICF required to be sent for STC training has increased many-fold. Since Southern Railway does not have an STC, employees of ICF and SR have to be deputed for STCs available in Non Tamil speaking areas (Hyderabad or Bangalore). It is requested to upgrade TTC/AWTI as STC.

**General Subjects placed by K.V.RAMESH**

1. Increment on promotion from Sr Tech to JE
2. Unique token number for technicians
3. JE waiting for posting after completion of training from 31<sup>st</sup> Oct.
4. Resuming of SMS facility
5. Rest room for lady staff working in Data Centre.
6. Civil work in the lady supervisors' rest room at sh-16
7. Cupboard for Shell Planning office
8. CAD training for Civil Engineers
9. Drawing access in ERP
10. Rat Menace in the administrative office, particularly at modular furniture.
11. Tiled flooring for Process planning & CWE/S office
12. Internet connection for Shell & Furnishing shops
13. Long pending of settlement for nearly 10 years after technical resignation of JE who got appointed to TNEB through proper channel.

**Agenda Subjects placed by E.RAMESH**

1. The book of sanction for the supervisors was revised during 1999 considering outturn during that period. The production will reach 1700 coaches in near future. Outsourcing of components and activities are resorted to offset the manpower shortage; however the pressure on the supervisors has increased many-fold. Even though the second unit is near to Furnishing division, the activities and production process followed are totally different. Hence it is represented to obtain sanction of additional supervisor posts for the second unit of ICF.
2. To create two exclusive design training faculties (SSE/Designs) for imparting training on Design at TTC/ICF.

**General Subjects placed by E.RAMESH**

1. For Ortho Clinic prior appointments for 10 patients (per day) have been introduced for the "retired employees" which is benefitting to them. On similar lines, prior appointment for 10 patients may also be extended for the serving employees to reduce their hardship.

2. Provision of Safe drinking water to CMT staff of Furnishing division.
3. Safety Shoes to be provided for Technical Supervisors & other staff of Shop 82.
4. Additional clerical staff to be posted in Works Contract Section of Process Planning/Fur.
5. Provision of Hostel facility and Safety Shoes for the new recruits.
6. Construction of more cabins at ICF hospitals.
7. ACMT posts to be created in the MUTP Project and LHB Project (ICF 2nd Unit).
8. Provision of Speed breaker on the road connecting Shell Officers/Supervisors gate and Admin exit gate.
9. Procuring of Coloured Kerosene to differentiate from water
10. Facilities like False ceiling, Anti skid tile flooring, Tiled walls to the height of 6 feet, Aluminium sliding doors with glass wall to reduce noise, Racks and drawers for storing the files, mobile charging facilities, washbasin, mirror, towel stand, etc shall be provided in all SSE rooms / offices to give a face lift.
11. Provision of Cantilever Catwalk on pillar sides of 4th & 5th lines of Shop 30.
12. Safety Shoes with fibre toes to be provided for all the Supervisors.

**CIRCULARS**

AC37: Non-Railway patients taking treatment in the Indian Railway Hospitals may be charged as per CGHS/Non-NABH/City specific rates or the nearest city rates, as the case may be.

AC38: Restructuring of certain Gr-C cadres.

AC39: Enhanced rate of ex-gratia to the surviving SRPF (contributory) retirees wef 01.01.2013

AC40: Submission of form10 by the spouse to the pension disbursing bank after the death of the pensioner

AC41: Rates of Night duty allowance wef 01.07.13.

AC42: Acceptance of educational qualification obtained through distance education mode from Open University for the purpose of employment on railways.

❖ Shop No 19 has been allotted to LHB shed constructed behind Furnishing.

❖ Election for ICF institute managing committee will be held on 7<sup>th</sup> dec.

**Last date for submission of applications:**

Gr-C&D posts in ER under sports quota = 08.01.14

Gr-C&D posts in NFR under scouts quota = 30.12.13

Gr-C&D posts in Kolkatta Metro Sports quota = 30.12.13



Ms. R. Roshini, D/o. Sri Ranjit Narayanan, OS/Stores/Fur, has secured university 2<sup>nd</sup> rank in B.A.M.S of Sri Chandrasekharendra Saraswathi Viswa Mahawidyalaya. Sri Ranjit is the Fitness Trainer and Physiotherapist for ICF Cricket team

He was also the Personal Fitness Trainer and Physiotherapist for the former GM, Shri Abhay K. Khanna.



## ABOUT ICF - Part II

by Sri R. Srinivasan, APE/PR/F,  
9003141449, rsrinivasanicf@gmail.com

### MATERIAL PLANNING ORGANISATION

Material Planning Organization takes care of complete Planning of material requirement for manufacture of Shells and Coaches. It is identified as MPO and it has two separate wings one each for Shell and Furnishing divisions. Shell MPO works under SME/Plg and Fur/MPO is under AME/MPO. For Electrical production items a separate section is working under AEE/MPO.

#### Functions of MPO:

- Processing of Procurement Memo (PM)
- Processing of S 1302 indents
- Issuing of Material requirement Reviews
- Scrutinizing Tender Files for Technical Comments
- Dealing of Non Moving items
- Sparing of Production items for non production work.

#### 1. PROCUREMENT MEMO (PM)

It is the demand for a particular item required for manufacture of coaches issued from Material Planning Section to Purchase Department in specified format for the procurement of stocked items.

#### Types of PMs

- a) Computer generated PMs issued in format No. ICF/QMS/PM2/F/P/607
  - b) Manual PMs issued in format No. ICF/QMS/PM2/F/P/608.
- PMs for Long Lead items are generated first through Data Centre based on the Tentative Production Programme for facilitating the procurement action early i.e before 15 months.  
Eg: Steel sheets, Aluminium sheets wheel & Axle, Engine etc.
  - Remaining items with short lead time of 12 months are sent as Bulk PMs.
  - The received PMs are scrutinized for Description, UL no, Specification, Drg no with correct alteration, Quantity and Inspection status etc.
  - Manual PMs are generated by MPO itself for those items not updated in the Product structure, New design etc. or quantity shortfall.
  - PMs for Single source or PAC (Proprietary Article Certificate) items are prepared with the approval of competent authorities.
  - PMs are sent to concerned Purchase section along with Drawings, Specification /Scope of Supply, PAC if necessary.
  - A Pink card (Format no. ICF/QMS/PM2/F/P/601) is maintained in the section separately for all the stocked items dealt in the section. The particulars of PM numbers, Qty., date are entered in the card once the PM is sent to Stores.

➤ Once all the computer PMs and manual PMs are sent to Stores, the Material Planning section concerned has to check and ensure that PM coverage is fully made for all items for the product mix of that particular year.

➤ One copy of all the PMs, which were sent to stores, is filed in the section and maintained for 5 years.

#### (2) Processing of S 1302 indents

➤ The S-1302 indent is a demand issued to Stores in a specified format for procurement of non-stock item (item without U.L.Number).

➤ Two types of format no S - 1302 is used depending upon the total value of the purchase.

➤ Small form - - -for value below Rs. 10000/-

➤ Bigger form - - -for value above Rs.10000/-

➤ S 1302 indent is issued under the following circumstances.

- When the item is introduced for the first time and to be implemented immediately.
- Item is required for trial and development purpose.
- Based on the decision taken in the material position meetings – to meet the immediate requirements.

➤ Signature of the Indenting Officer and Approving Officer is obtained in the S-1302 indent after duly filling all relevant columns.

➤ Certification from DMS/CLS is to be obtained regarding non stock item.

➤ A separate note for finance concurrence shall be initiated by the Design department or PE/PL/S as the case may be for purchases more than Rs.50000/. After obtaining the finance concurrence the same will be sent to stores.

#### (3) Issuing of Review statements

➤ After the Revised Production Programme is approved the Review for Procurement Memos of all the items are generated and issued for making changes in the procurement action.

➤ Scrutiny of Reviews, Submission to Stores, Registering and Counter check for Foolproof Coverage are done similar to steps followed in dealing with PMs.

➤ There are two types of Review like Computer generated and Manual.

➤ In case of “A” category items, if the reviewed quantity exceeds 30% of the PM quantity of the year, additional Manual PM is issued for the difference in quantity.

➤ Stores will be advised to adjust the Qty of procurement with Stock and Dues.

#### (4) Technical Scrutiny of Tender Files and offer of Technical Comments.

➤ Technical suitability will be given after studying necessary drawing/specification thoroughly.

➤ While scrutinizing the offers submitted by various tenderers, the following should be taken care of

➤ Description of item

➤ Counter Offer

- Completeness of offer like quantity, inspection agency, delivery schedule and whether the item is to be procured from RDSO approved sources / ICF approved sources.
- In case samples are received from firms the same will be sent to Design / CMT / Inspection department / Shops as the case may be, along with the case files for assessing the technical suitability.
- Rate reasonability is certified based on Stores request in case of a single offer. The basis for assessing the reasonability is either the Last Purchase Rate (LPR) or in case of new item estimate prepared by planning office or the Budgetary quotations.
- The offers are checked whether the firm agrees for inspection of the items as mentioned in the PMs by any one of the agencies like ICF, RITES, or RDSO.

#### (5) Dealing of Non Moving items

- Disposal of Non moving Production items are advised by MPO by scrutinizing the details.
- If it can be used with modification it is advised to Planning, if it can be spared to other Railways or to be scrapped, it is advised to Stores.

#### 6. Sparing of Production items for non production work

- Service shops like Tool room / Millwright require some stocked items for the regular annual maintenance work. For these demands are sent through CWEs to include in the PM/Reviews.

- (to be continued)

- ❖ Tr#12243/12244 MAS-CBE-MAS Duronto Express trains have been converted to run as Shatabdi Express from 22nd Nov, with commercial stoppages at Salem, Erode and Tirupur. Dep MAS 07.15, Arr CBE14.05, Dep CBE 15.20, Arr MAS 22.15 hrs.
- ❖ Tr# 22207/22208 MAS-TVC-MAS Duronto Express trains (Bi-weekly) have been converted to run as AC Superfast Express, with Rajdhani fares, from 22nd Nov, with commercial stoppages at Ernakulam Jn. and Kollam. Dep MAS 16.30, Arr TVC 05.45, Dep TVC 21.30, Arr MAS 10.30 hrs
- ❖ On 6<sup>th</sup> Nov, Tamil Nadu Chief Minister Selvi J Jayalalithaa flagged off the test run of Chennai Metro Rail. The four-car rake made its test run at Koyambedu terminal along an 800 metre stretch, where a number of tests would be conducted. Koyambedu-St.Thomas Mount stretch is expected to come to public use by next April. The coaches will have luggage facilities for office-goers which is not available in the existing Metro rail services in Delhi and Bengaluru.
- ❖ Gorakhpur, now has a platform measuring 1366.33 metres with ramp and 1355.40 metres without it, breaking the Guinness World Records' record of 1073m set by the platform at Kharagpur station and setting the new world record for the Longest railway platform with the inauguration of the remodelled yard on 6<sup>th</sup> Nov.
- ❖ In Chennai from 9th Dec, persons driving/ sitting in front seat of the car and not wearing seats belts are liable to pay a penalty of Rs. 100/- for the 1st offence and Rs. 300/- for subsequent offences.

❖ The Minister of Railways Shri Mallikarjun Kharge released a Ruby Jubilee-40th Year Edition of the book titled 'Indian Railway Track'-Design, Construction & Maintenance (Ruby Jubilee-40th Year Edition) at a function, at Newdelhi on 13th Nov. The book is authored by a well known Civil Engineer Shri M.M. Agarwal who served Indian Railways for 33 years and retired from the post of Chief Engineer.

❖ The Minister of Railways Shri Mallikarjun Kharge flagged off the first ever Dual Cab 4500 HP Freight Diesel locomotive, 'Vijay' from DLW on 6th Nov. 'Vijay' the dual cab freight WDG4D is a trailblazer. The locomotive has been designed on a 21.7 metre platform to accommodate two cabs and this is about two meters longer than the single cab version. Vijay has been provided with air-conditioned cabs. The AC unit is designed to heat up the cab during winters while cooling it during summers, thus maintaining a comfortable ambient for efficient working.

❖ The Minister of Railways, Shri Mallikarjun Kharge has congratulated legendary cricketer Sachin Tendulkar and eminent scientist Professor C.N.R. Rao on being selected for the "Bharat Ratna Award."

❖ Shri Arunendra Kumar, Chairman, Railway Board, inaugurated the Indian Railways pavilion at the India International Trade Fair – 2013 in New Delhi on 14th Nov.

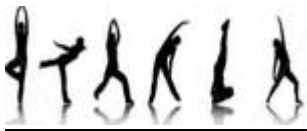
❖ Shri K.K.Atal, GM/NER, inaugurated the upgraded and renovated building of Indian Railway Cancer Institute and Research Centre at Varanasi on 17th Nov.

❖ Western Railway entered 150th year on 28th Nov as the first train service on western coastal line was started on 28th Nov 1864. In those days, the first terminus of WR was Grant Road station, and in 1873, it was extended further to Colaba, the southernmost tip of the city. Colaba was shut down in 1930 and the terminus was shifted to Churchgate, which remains till date for suburban trains. To commemorate the historic occasion, GM/WR, Shri Hemant Kumar, inaugurated a two-day exhibition of rare photographs "Celebrating 150 Years In Mumbai" on 28th Nov.

❖ BEML have been conferred the Raksha Mantri award for the design and development of the country's first SS-EMU for suburban commuting. CMD/BEML Shri P. Dwarakanath received the award and a cheque for Rs. 1 lakh from Defence Minister Shri A.K. Antony in New Delhi on 25<sup>th</sup> Nov.

❖ Drawing competition was held on 17.11.2013 at Railway Mixed Higher Secondary School, Perambur, as part of events to commemorate 160 years of Indian Railways.

❖ The Parliamentary Standing Committee on Railways under the Chairmanship of Shri T.R. Baalu, Hon'ble Member of Parliament, examined the subject 'Suburban Train Services of Indian Railways, with particular emphasis on security of women passengers'. In this connection, the committee had an informal discussion on the subject with the representatives of Southern Railway at Chennai on 16th Nov.



## PHYSIO PAGE

MOVE... TO REMOVE...!

Physio.Kumaravel.M

(Ph: 9003149269)



### Exercises for LOW BACK PAIN (LBP)



#### SPINAL TRACTION:

Traction is one of the popular modes in the treatment of low back pain.

#### TYPES OF TRACTION

##### CONTINUOUS TRACTION:

This type of static traction helps in forcing the patient to rest in bed. It may provide the stability & muscular relaxation. But sometimes continuous traction produces pain due to muscle fatigue. Hence this method is clinically not practiced more.

##### INTERMITTEND TRACTION:

It is the most popular method in conservative care of LBP. It has vascular massaging effect & produced relaxation. It is widely accepted by the patients too as compared to other methods of traction.

##### EFFECTS & USES:

- 1.Relaxes and relieves the back muscle spasm (pain induced tightness).
- 2.Stretching the back muscles and helps to reduce the inter disc pressure.
- 3.Distracts the vertebral body (back bone) and promotes opening of the inter-vertebral foramen (a small hole in back bone) and relieves the pressure on the nerve channel.
- 4.Helps to boost the patient's psychology too.

##### SPINAL SUPPORT

Spinal support reduces the muscular activity resulting muscular weakness. Hence current trend is to discourage the use of **belt/corset** in low back pain. However Spinal support is beneficial in some indications such as in Deformity, Nerve deficit, marked weakness & an injury to spine.

SURGICAL MANAGEMENT: Most of all get better with conservative medical & physio care (around 90 percent). Less than 10 percent people with back pain only need surgical management. The indications for surgery in LBP are

- Backache with or without radiating pain on the leg associated with progressive neurological deficit.
- Marked progressive weakness of muscles.
- Urinary incontinence.
- Unstable fracture spine
- Failed conservative management for minimum of six weeks treatment, except in psychological distress amplifying the back pain.

#### BACK EDUCATION

Back education is a precise portion in the treatment of back pain. The prime aim of education is 'PREVENTION'.

Prevention is classified into three levels.

##### PRIMARY PREVENTION:

To prevent the back pain before it occurs.

##### SECONDARY PREVENTION:

Restrict the symptomatic development of the pain disorder.

TERTIARY PREVENTION: Limit the complication of established disorder.

##### PREVENTIVE MEASURES:

###### GENERAL PREVENTIVE MEASURES:

Early Mass education to public about-Principle of ergonomics, exercises, postural attitudes etc...

###### SPECIFIC PREVENTIVE MEASURES:

**physical fitness:** Proper Physical fitness programme should be initiated at an early age to prevent back pain.

###### Occupational Hazard Preventive Measures:

Advice frequent change in the posture while doing the work, specific conditioning exercise to cope with the occupational demands.

###### OTHER PREVENTIVE MEASURES:

Early detection of spinal problem (e.g. Spinal stenosis, Ankylosing spondylosis, spondylolysthesis.) and start appropriate therapy.

Rule out psychology problems (e.g. Anxiety, Depression) and initiate prompt psycho therapy.

#### **FACTORY WORK AND BACK PAIN**

Factory workers are very much prone to back pain, because of

- Improper weight lifting & Carrying the weight.
- Pushing /pulling heavy objects
- Frequent forward bending
- Repeated trunk twisting
- Poor posture attitudes etc...

#### **WAYS TO PREVENT / MINIMISE THE INDUSTRIAL WORK INDUCED BACKPAIN.**

##### LIFTING THE OBJECT:

Lifting heavy objects should be avoided totally.

Even while lifting minimal weight, adopt the following techniques:



- Don't lift the object in bending position.
- Lift the objects with slightly bended knees; avoid stooping & bending from the waist as in above picture.

➤ Make your leg do the hard work instead of your low back and avoid injury/strain to the back by shifting the center of gravity.

**Note: Do warm-up a little and take a few deep breaths before lifting.**

**Lifting too fast also to be avoided.**

**Benefit of the above modified technique:**

To prevent frequent strain (LSS) and disc prolapse (IVDPL) too.

**CARRYING WEIGHTS:**

Carrying heavy weight by hand is to be avoided. If unavoidable, carry small object to do follow the modified way given below to avoid strain over the back & shoulder too.

**TECHNIQUE:**

➤ Carry approximately equal weights in both hands (as shown in the picture below) instead of one to avoid strain over the back muscles of one side.



➤ While carrying the weight balance the weight of the object on the hips. It helps the stress pass directly through the hips rather than through low back.

➤ Don't lift the object away from your body with your arm outstretched. Carry the weight object close to the body (as in above picture) to avoid strain lower back.

**PUSH&PULL THE HEAVY OBJECTS:**

Pushing & pulling are common work activities in industrial work. If not properly done, these activities will strain your back.

**NOTE:** Push rather than pull the object. Don't push/pull heavy objects by bending the trunk to avoid strain over the low back.



**Strain-free technique:**

➤ First tighten your abdominal muscle and then Bend your knees a little.

➤ Lean slightly towards the object while you are pushing /lean slightly away from the object while pulling (as shown in above pictures).

➤ Keep your back straight and use your leg and weight of your body to move the object.

Wait for further steps to move...

**List of holidays for the year 2014**

Sl	Date	Day	Festival	WS staff	OD staff
1	Jan 1	Wed	New Year	PH	PH
2	Jan 14	Tue	Pongal	PH	PH
3	Jan 15	Wed	Thiruvalluvar Day	UPH	-
4	Jan 26	Sun	Republic Day	PH	PH
5	Mar 31	Mon	Telugu new year	UPH	PH
6	Apr 14	Mon	Dr Ambedkar's Birth Day	PH	PH
7	Apr 18	Fri	Good Friday	UPH	PH
8	May 1	Thu	May Day	PH	PH
9	Jul 29	Tue	Ramzan	PH	PH
10	Aug 15	Fri	Independence Day	PH	PH
11	Aug 29	Fri	Vinayakar Chaturthi	UPH	-
12	Sep 23	Tue	Mahalaya Amavasai	UPH	-
13	Oct 2	Thu	Gandhi Jayanthi	PH	PH
14	Oct 3	Fri	Ayudha Pooja	UPH	-
15	Oct 6	Mon	Bakrid	UPH	-
16	Oct 22	Wed	Deepavali	PH	PH
17	Dec 25	Thu	Christmas	PH	PH
18	Dec 26	Fri	Factory Holidays	PH	
19	Dec 27	Sat		PH	
20	Dec 29	Mon		PH	
21	Dec 30	Tue		PH	
22	Dec 31	Wed		PH	

❖ Shri M.N. Prasad, former Chairman of Railway Board (1989-90), passed away at Kollam on 24th Nov.