

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

To

INTEGRAL NEWS

Issue# 100

Free Monthly News Bulletin – for Internal Circulation

February 2014

Email: integralnewsicf@gmail.com

Contact: 900 314 1464, 9539, 9659, 9731, Rly 46490, 47661

Chief Editor: K.Ravi, SSE/Shop80

Associate Editors:

M.A.Jaishankar, SSE/M&P

A.R.S.Ravindra, SSE/WS

K.Sudhir, SSE/Shop41

Treasurer: R.Mehalan, SE/IT

Shell Offices: V.Ramesh, SSE/M&P

S.K.Satishkumar, SSE/M&P

K.Sekar, Ch.OS/Engg

N.Jeganivasan, Stores Inspector

N.Ganesh, SSE/MPO/S

S.Ghatikachalarao, SSE/WS

N.Devaraju, SSE/Plant

S.N.Vivekanandan, Ch.OS/P9

V.Sasikala, OS/PB

B.Jayalalitha, Accts Asst

Shell Shops: P.Baskaran, SSE/40

A-shed: R.Nagarajan,, SSE/10

B-shed: A.V.Gopalakrishna, SSE/22

Shop 24,25,26: P.Chandran, SSE/42

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

40,J,E: R.Lakshminarayanan, SSE/40

Store,48,RPF: R.Senthilnathan, SSE/48

11,23,41,TS: R.Jegathiswaran, SSE/41

Insp: J.Ananthakumar, SSE/42

Progress: P.K.Panda, SSE/PCO

CMT: G.Sivakumar, CMS-1

Electrical: D.T.Vijayaraj, SSE/45

Fur Offices: Harikumar.NV, SSE/MPO

Accts: Sudharsan.MN, SSO/Accts

PlgF, TS: G.V.Ramesh, SSE/TS/F

Stores: V.Annamalai, OS/P7

Fur Shops: R.Sundarrajan, SSE/30

30: Bipinkumar Karn, SSE/30

32,34: P.Sathyanarayanan, SSE/PC32

33: D.R.Suresh, SSE/33

80,81,37: D.Santhakumar, SSE/80

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

Elect, CMT, IOW: M.Devaraj, SSE/85

36,54: M.Ganesan, SSE/54

Progress: D.Baskar, SSE/PCO

RRM, Colonies : A.Srivijayan, SSE/54

TTC: J.Selvakumar, SSE/TTC

D&D: Sabapathinathan.M, SSE/D&D

Hospital: Raju Balaji, Ch.OS

Web: K.Chandran, Webmaster/IT

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

Advisors:

S.Muthukumar, Dy CME/TPTY/SCR

B.Chandrasekaran, SME/D-II

K.N.Mohan, WM/A/S

R.Srinivasan, APE/PR/F

वेणु राजामणि

राष्ट्रपति के प्रेस सचिव

Venu Rajamony

Press Secretary to the President



MESSAGE

राष्ट्रपति सचिवालय,

राष्ट्रपति भवन,

नई दिल्ली - 110004

President's Secretariat,

Rashtrapati Bhavan,

New Delhi - 110004

The President of India, Shri Pranab Mukherjee, is happy to know that the Integral Coach Factory, Chennai is bringing out the 100th edition of its monthly news magazine "Integral News" in February, 2014.

The President extends his warm greetings and felicitations to all those associated with the Integral Coach Factory and sends his best wishes for their future endeavours.

Press Secretary to the President

Tel : +91-11-23016535 (Direct), 23015321 Extn 4322, Fax 23794498, E-mail-press.secy@rb.nic.in, presssecyrb@gmail.com



The 65th Republic Day celebrations were held at ICF Stadium on 26.01.2014. **Shri Ashok K. Agarwal, General Manager, ICF**, unfurled the National Flag and inspected the parade by ICF Railway Protection Force contingents, NCC cadets, Scouts & Guides, Apprentices of ICF Technical Training Centre, and students of ICF schools.

This is the 100th issue of Integral News.

At this juncture, we salute the readers, officers and staff of ICF for their valuable guidance and support for the continuous improvement of Integral News.
-Integral News team



Shri Alok Johri, Member Mechanical, Railway Board, visited ICF on 10.01.2014. He held discussions with Shri Ashok K. Agarwal, GM and other senior officials of ICF. He also visited the Shell and Furnishing Divisions and flagged off a new air-conditioned LHB EOG (End On Generation) coach from the Furnishing Division. He announced a cash award of rupees one lakh in appreciation of the good performance of ICF employees in turning out various coaches and hoped that ICF will achieve the current year target of 1662 coaches.



Customer interaction meet with Zonal Railway officials was held on 22nd Jan.



IRTSA/ICF-Unit's New Year & Pongal Celebrations were held on 27th Jan in a grand manner with cultural programmes by ICF Silver Jubilee School students. Chief Guest Shri Ashok K. Agarwal, GM/ICF, Officers, Supervisors and Staff participated in the celebrations.



Sri T.Sundarrajan, OS/Stores, has been elected as the Tamilnadu State Coordinator of Universal Sai Association (USA) Inc. Ph 9884075576, Email: saiusatn@gmail.com



Sri A.R.Rajendran, DGM/RS, (Ex-SSE/ICF) has been selected as the Best Employee of CMRL for 2013 and given a cash award.



Republic day was celebrated in shops also. DyCME/Fur, Sri M.E.Srinivasan, hoisted the national flag at Shop37.



ICF RPF Dog 'SONA' secured 1st place in two events and Dog 'TYSON' secured 1st & 2nd places with two cups each in a Dog Show conducted by Madras Canine Club at YMCA Ground / Nandanam, Chennai on 11.01.2014. Sri. S.C. Parhi, DIG-cum-CSC/ICF and Sri.SAI C.S. Singh, ASC / ICF congratulated the RPF Kennel Staff.



At shop36 northern side, new compressed air line with 42 air points was inaugurated by Sri K.S.Jain, CWE/F and K.Ravi, SSE/80 on 17th Jan.



A Health Awareness Camp was organized exclusively for serving RPF personnel of ICF in co-ordination with Dr. A. Ramachandran Diabetic Hospitals, Chennai, on 24th Jan. Blood Pressure, BMI, Bone Density and Blood Tests were conducted. Out of 185, 34 were identified as 'Diabetic'. They were counseled and educated. Continuous stress, night duties, static duty points are the main causes, the Doctors opined.



1986 Batch Apprentice Welders celebrated their 27th family get-together on 28th Dec'13 with lots of excitement. Around 25 families and three masters with their families participated in this function. The chief guest was Sri.A. Manickavasagam (Dy.CME/Prod).



Pulse Polio Immunization was administered to children in all colonies on Jan 19th.



Pongal was celebrated in ICF South Colony for three days. Competitions were held for colony residents and prizes were distributed to winners.



Master S.Vishal, S/o. A.Sri Vijayan, SSE/54, has bagged 3rd position at National level for his innovation titled "Complete Pollution Control Device for SSI & Roadside workshops". The award includes cash prize of Rs.30,000/-

Council for Scientific and Industrial Research (CSIR) is giving awards for inventions every year to school children for intellectual property to motivate them.

The Wesley Hockey Club conducted a state-level tournament for D.S. Rajamanickam Trophy featuring all the top teams. Integral Coach Factory claimed the trophy with a comfortable 4-1 victory over Southern Railway.

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

SI	Name S/Shri	Designation
1	Arumugam.P	Tech-1/Engg
2	Murugan.E	JE/PCO/S
3	Shashikumar.K	Tech-1/16



The Solar powered coach number display unit and passenger reservation chart light developed by Sri S.Rajendran, Tech-1/Shop85, was put on trial run in Blue Mountain express. These solar powered lights elicited all-round appreciation from railway officials as well as travelling public. Based on feedback from passengers and train crew, minor modifications in colour and mode of operation have been effected. The modified lights have been tested and efforts are on to commercially manufacture these items for use in Zonal Railways.

Shri K.S. Sridharan, PE/PL/Shell, presented a Paper titled "Manager Subordinate Relationship" in the "International Conference of Engineering and Management Sciences" held on 21 & 22nd Dec at RIET, Gr Noida.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
S.G.Hundekari	S.C.Rly	CEE
S.Sridhar	CEGE+CEE	CEGE
P.Balan	S.E.C.Rly	DyCPO/II
K.Kailashkumar	DyFA&CAO	R.W.F
Rajalakshmi Udayashankar	E.Co.Rly	DyFA&CAO/F
V.Thirupurasundari	DyFA&CAO/F	DyFA&CAO/S
M.C.Jolly	DyCME/QC	+P.T.C.
K.Veerasekaran	DyCME/D1	+DyCC&M
H.Narayanan	Leave	DyCMM/P/F
R.Kuttikrishnan	DyCMM/P/F	Leave
S.Sundaraman	S.C.Rly	CMT
V.Alamelu	SrAFA/MUTP	SrAFA/S
Yemula Sriteja	AEE/MRVC/F	AWM/E-3
E.Jothipandian	AEE/MPO/F	AE/MRVC/F
Abdul Hameed Kuniyil	SSE/39	AEE/MPO/F
Sunny Philip	OS/Stores	AMM/IC/S

STAFF OUTFLOW - LAST MONTH

SI	Name S/Shri	Design	Mode
1	Anandakumar.K	Peon/Accts	Transfer
2	Ramachandran.M	Helper/45	Transfer
3	Dileep.U.S	Helper/45	Transfer
4	Sebastian.P.J	Helper/45	Transfer
5	Vishram Meena	Peon/CWEF	Transfer
6	Rameshan.M.V	Helper/25	Transfer
7	Ravindran.P	Helper/40	Transfer
8	Siby.K.Baby	Helper/11	Transfer
9	Padmanabhan.T.V	Helper/40	Transfer
10	Baliram Prasad Gupta	Helper/TTC	Transfer
11	Surendra Singh	Peon/Stores	Transfer
12	Dhamu.P	Mali/Engg	Resigned
13	Ramroop Meena	Tech-3/40	Resigned
14	Radhamani.N	ChOS/Adm	V.R
15	Vijaya.V.A	SrTech/20	V.R

EMPLOYEES RETIRING on 28th February '14

1	Gunasekaran.C	Sr.Tech/Welder	11
2	Uma Sankar .K	Sr.Tech/Welder	11
3	Abraham .S	Tech-1/Elec	13
4	Anthony .K	Tech-1/FGL	13
5	Sundaram .M	Sr.Tech/MGL	16
6	Panneerselvam.S	Tech-1/MGL	16
7	Kadirvelu .P	Tech-1/FGL	20
8	Thangaraju .K	Tech-2/Elec	21
9	Thyagarajan.E.S	O.S.	M&P
10	Adikesavan.M	SSE	D&D
11	Subramanian.N	Tech-1	Engg
12	Prabhakar .T	Sr.Tech/Elec	28
13	John Anthony Richard .A	Sr.Tech/Elec	28
14	Poongavanam.S	Tech-3/FGL	30
15	Anandan.K	Tech-2/Carp	30
16	Balu.S	Tech-2/Carp	30
17	Viswanathan .K	Sr.Tech/Carp	30
18	Sankar .P	Tech-1/Elec	35
19	Ponnusamy.N	Tech-1/Painter	36
20	Srinivasan .K	Sr.Tech/Elec	39
21	Selva Kumar.CS	Tech-1/Elec	39
22	Srinivasan.D	SSE	39
23	Annamalai .C	Sr.Tech/EP	54
24	Charles Samson.S	SSE	PCOF

We wish them A Happy & Peaceful Retired Life

CIRCULARS

AC01: Restructuring of certain Gr-C posts

AC02: Erstwhile Gr-D category since upgraded as Gr-C will be eligible for selection o Gr-C posts.

Last date for submission of applications:

ICF Sports Quota 28 posts Gr-C&D : 03.02.14
 Clerk-cum-cashier for canteen LD 14.02.14
 Hd Clerk,Sr Clerk, Gr-D, Kolkata 31.03.14
 OSD Ticket checking / RB 18.02.14
 Clerk-cum-cashier 14.02.14
 Asst protocol Inspector 19.02.14
 Asst Loco Pilot& Technician 26567 Posts 17.02.14
 Act Apprenticeship BMRCL : 15.02.14
 Asst Manager S&T/RITES : 07.02.14
 Manager Rolling Stock, AM/Power – KMRL : 05.02.14
 W.C.Rly Scouts & Guides – Gr-D: 04.02.14
 Northern Railway Gr-D 5679 posts : 10.02.14

RBE 131/13: Railway Board has decided that the single women railway employees may be provided with hostel facilities at all the divisional headquarters by making appropriate arrangement without any pay scale restrictions.

RBE 133/13: Temporary posts may be taken into account for the purpose of cadre restructuring subject to certification that these posts are meant for regular activities which will continue and not for any sporadic requirements.

RBE 6/14: Henceforth, call letter be issued to successful candidates in written examination for appearing in PET (Physical Efficiency Test), **three weeks prior to date of commencement of PET** under "Business Post" instead of one month prior to date of conduct of examination.

RBE 9/14: Date of increment after expiry of duration of penalties of withholding increments / reduction to lower stage imposed for less than a year- regarding.

Agenda subjects of Shri E.Ramesh for 8th meeting of Staff Council: 1. Provision of centralized RO water purifier plant at D&D. 2. Shortage of Safe Drinking Water, Non-availability of clerical staff, Poor security and Shortage of hostel accommodation at AWTI.

Agenda subjects of Shri K.V.Ramesh: 1. Existing 11 PQ vacancies of DMS shall be filled by calling volunteers from all departments in GP of Rs.1900 and above with the qualification of Diploma in Engineering. 2. Renovation & upgradation of SSEs' room available on the shop floor.

Works Contract for "Comprehensive Housekeeping of Fur. factory premises" has been awarded, on 18th Dec. The scope of the above contract includes 1. Cleaning, collection, segregation and disposal of wastes. 2. Cleaning of floor, walls , pillars and cupboards of entire Furnishing shops. 3.Stacking of materials etc. During the first meeting of 18th Staff Council Sri E.Ramesh placed a general subject demanding the above, in order to utilize the Helpers in production activities and to ensure smooth production.

The Inaugural trial run of CMRL train, on the ramp that connects Koyambedu depot to the elevated Koyambedu-St Thomas Mount line, was conducted on 30th Jan. The viaduct from Koyambedu up to Ashok Nagar station, where the tracks and electrical overhead cable have been installed, will be the section for trials to be conducted during Feb 2014.

The centenary celebrations of the Pamban Railway Bridge were inaugurated by Bharat Ratna Dr. A.P.J. Abdul Kalam, former President of India, at Pamban railway station on 28thJan. Shri Rakesh Misra, GM/SR, welcomed the gathering. During his inspiring speech attended by a large number of students and the public, Dr. A.P.J. Abdul Kalam said that though Rameswaram was his birth place Pamban was his favourite. He wanted Southern Railway to introduce 'Pamban Express' between Chennai Egmore – Rameswaram with a refrigerated coach that would facilitate export of fish. He admired the engineering marvel that is Pamban Railway Bridge and appreciated the efforts of railwaymen who were responsible for the construction of the bridge. Dr. A.P.J. Abdul Kalam later unveiled a commemorative plaque and released a book titled 'Marvels of South Indian Railway.' Shri. A.K. Rastogi, DRM/MDU, delivered the vote of thanks.

The current reservation counters which were functioning in Moore Market Complex have been shifted to main entrance of Chennai Central Railway Station opposite Station Manager's room from 02.01.2014. This will help the passengers to buy confirmed tickets at the last minute in those trains having vacancy after preparation of charts.

To drop the ash of a died person in the Ganges, it should be kept in a paper cover, not pasted, the open end to be bent to avoid spilling, and this cover should be kept in another cover and posted to Postmaster, C/o.Ganges River, Varanasi 221001 by ordinary post.



ABOUT ICF - Part II

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

Furnishing Process Planning

The Furnishing Wing Process Planning is divided into groups as follows:

35-90	Brakes - General installation
41-44	Flooring - Sealing
42-43	Side wall panel- Part panel
25-54	Vestibule - Window
61-62	Seats and berth -Luggage rack
56-63	Doors - Lavatory
64-83	Compartment fitting -Paint

Reclamation Group:

- Finding the actual and optimum requirement of various raw materials
- Issue of paper ticket work orders.
- Assessing the feasibility of usage of non-moving/surplus items figuring in statement generated from IT Centre.

General Group:

- Preparing the batch order-wise schedule plan for the production programme advised by Dy.CME/Plg&IE.
- Receipt of drawings from Design office and issue to all the sections of Process Planning.
- Obtain the dummy structure printouts of various builds from IT Centre based on the production programme and confirm before release of batch order documents.
- Advising works section for preparing the proposal for batch order authorisation duly obtaining the concurrence from Sr.AFA/Costing.
- Final advice to IT Centre for releasing of production documents batch order-wise as per schedule.
- Despatching of all certified production documents to Production Control Organisation (PCO).

Main role of the groups:

- Receipt of new drawings with latest alterations.
- Making decision on make or buy.
- Advising Design office to initiate UL no. in case of purchase/stock item.
- Advising MPO / Fur for procurement.
- Advising Jig & Tool design section to issue necessary tool drawing for in- house manufactured items.
- Creation of product structure for the item by updating component master P010, product structure master P020, operation master P030 through dc-net.
- Updation of manufacturing database on receipt of alteration drawings and advising all concerned.
- Advising MPO/Fur for change in PCRT, change of material specification, addition or deletion of items etc.
- Carrying out corrections in dummy product structure of various builds received from IT Centre.
- Certifying all the production documents (List Of Parts, RFC, Job passing through load centre).
- Issuing of alternate material as per production demand.
- Exploring the feasibility of utilizing non-moving items.

TIME STUDY

Sections:

(1)Rate Fixing (2)Nucleus

Rate fixing section activities:

- Fixing of time standards
- To arrive at set up time & allowed time for all jobs
- Certification of job cards
- Database updation of timings

Nucleus section activities:

- Data collection from shops and time offices
- Preparation of performance reports based on WMR & Shop Data.
- MANPOWER PLANNING
- Deciding on level of OUTSOURCING
- Coordination with Work Study and Accounts

Duties of Rate Fixer:

- Receiving of Scroll Sheets with Drawings from Process Planning section.
- Careful study and analysis of drawings, nature of operations and fixing of time standards for new jobs / revised design.
- Initial and Final certification of Job cards after duly checking for the incentive percentage limits.
- Regular coordination with Time office, Inspection Department regarding Job cards.
- Periodic statement of Revised timing to Planning section.
- Monthly statement for Job card position, Rejection hrs, Inter shop order (ISO), Paper Ticket Work Order time booking.
- Maintenance of register for issue of additional timings if required.
- Regular coordination with Costing section for comparing time of different B.O.s of same type and also Estimate section for computing Labour cost for various new jobs.
- Maintenance of Register for Modification items with regard to timings.
- Coordinating with Nucleus section regarding Manpower Planning for the respective shops.
- Making list of timings for major assembly / sub assembly in each type/Batch for ready reference.
- Implementing and maintaining policy changes regarding changes in Timings/Allowances.
- To cope with higher work involvement raised on Time study part in line with ever-increasing Production/Product-mix.

Nucleus Section functions:

- Regular communication with all Rate fixers with regard to General circulars and information related to Time Study.
- Forwarding of Completion Certificates to all Batch orders.
- Collection of data from Rate Fixers, Time office for making Performance reports shop-wise.

- Collection of data from Shop floor like section-wise DW/EIW booking
- Submission of DW /EIW Statement to IT Centre.
- Collection and segregation of all WMR statements.
- Entering all WMR data into the Nucleus register.
- Coordination with shop floor with regard to data clarification with respect to WMR.
- Preparation of Performance booklet after careful analysis of various data and statements for submission to concerned authorities.
- Updating Measure of Performance statement.
- Preparation of Missing Hrs, Non-incentive earners statement and follow up.
- Submission of Performance statements to all shops – month wise.

- (to be continued)

Shri Arunendra Kumar, CRB, has called upon all Railwaymen to focus on providing Indian Railway customers a pleasant experience in their interaction with the Railways in both passenger and freight segments. In the New Year greeting message sent to all fellow Railway colleagues, he has pointed out that 'Service with a smile' was never so relevant as it is today. Shri Kumar also said that there is a need to earnestly endeavour to meet our motto communicated by Hon'ble Minister of Railways – 'No loss of life' in train operations.

On Jan 28, Hon'ble Railway Minister, Shri Mallikarjun Kharge received dividend cheques amounting to Rs.505.31 crore for 2012-13 from the seven PSUs namely CONCOR, IRCON, RailTel, RITES, RNVL, IRCTC and IRFC, which is approximately 25% more than the previous year.

Arunachal Pradesh was informally put on the railway map of India on 14th Jan with a trial run to the state capital on its trial run from Harmutty. The railway line project estimated to cost Rs 371.33 crore as on 7.7.09, missed its target of Dec 2011 due to existence of five high tension power line poles along the tracks, forest clearance at Gumto area. The formal train service is expected to begin from April next.

A 39-year-old railway technician was electrocuted and his assistant seriously injured while carrying out maintenance of the isolator switch in the electrified down line near Kochuveli on 24th Jan. The incident took place around 12.20 p.m. when he was carrying out maintenance of the isolator switch near Kochuveli. Although the electrified up line was switched off for undertaking repair work, the induction voltage of 3000-4000 volts in down line resulted in the electrocution of the technician.

A 45-year-old railway employee was shot at in Naihati station on the Sealdah-Ranaghat section at 22.30 Hrs on 19th Jan. When three youths were detained by GRP men and they were asked to open their bag, one of them took out a gun and fired at a GRP team. The two GRP men had a narrow escape while the bullet hit Narayan Das, a railway electrical staff, in his stomach. The bullet luckily did not pierce Das and he was given treatment.

Tamilnadu Governor, Shri K. Rosaiah, on 30th Jan announced that the state would prepare project reports for phase II of metro rail in new corridors. It would also seek faster clearance from the Centre for the Washermenpet-Tiruvottiyur line. In his speech in the first session of the assembly this year, he also mentioned that Chennai Metro rail project is progressing well.

Shri Mohan Tiwari, CMD/IRCON, received the Gold Trophy for Project export from the Chief Guest, Dr James S Mutende, Minister of State for Industry and Technology, Uganda at the Export Excellence National Awards held in Mumbai recently.

Until last month, Khotaj village in Sanand, about 40 km from Ahmedabad, which is 15 km from Tata Nano and Ford Motors car manufacturing plants, was like any other village in the state. But, now, it is the village with highest number of crorepatis in the entire country. The sudden turn of fortune happened after 1,500 hectares of land owned by villagers was purchased by the Gujarat Industrial Development Corporation (GIDC) at Rs. 1,100 per SqM for expanding its industrial estate in Sanand. 400 farmers in Khoraj have become crorepatis overnight which includes 117 women. The influx of wealth has forced the SBI to double its employee strength at that branch.

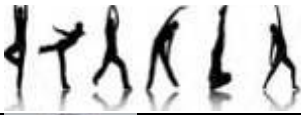
A fully air-conditioned bi-weekly superfast express train service has been introduced between Santragachi and Chennai Central. Tr.22807 Dep SRC 19.00 Hrs Tue/Fri. Arr MAS 22.45 Hrs Wed/Sat. Tr.22808 Dep MAS 07.55 Hrs Thu/Sun. Arr SRC 10.25 Hrs Fri/Mon.



HOW TO TALK WITHOUT SIMCARD

by Sri K.Ravi, SSE/80, 9003141464,
integralnewsicf@gmail.com

Using Android applications we can talk and send sms using internet without SIM card. There are many such applications available in Google Stores. One such application which is widely used by ICF staff is VIBER. This has to be downloaded to the mobile using internet, and to activate a password will be sent to mobile number which we give. Once it is activated the device is identified with that mobile number to which password was sent. It will show the list of others who are using viber, based on the phone number stored in that device. The net connection can be through SIM card or Wi-Fi. Now we can talk to anyone from the list throughout the world if the other person is also online. If the other person is offline, it will become a missed call. SMS can be sent even if the other person is not online and it will be delivered once the person gets connected to the net. Photos and videos can be sent instantaneously. This is very much useful when we go abroad where our SIM cards do not work. Almost all malls and hotels are providing free Wi-Fi using which we can talk free of cost. Whatsapp is another application widely used to send SMS. In both applications once the contact person name is selected it will indicate whether the person is online or not, when the person got connected last time. Similar applications are available for other than Android-based mobiles also. In ICF transfer of photos from shop floor to communicate to the officers takes place effectively.



PHYSIO PAGE
MOVE... TO REMOVE...!

Physio.Kumaravel.M

(Ph: 9003149269)



Exercises for LOW BACK PAIN (LBP)



DESKWORK AND BACK PAIN:

According to a study on evolution, men spend more than half of their life time in sitting position. Some research studies have shown that sitting for long hours leads to low back pain due to back disc pressure. The pressure on the backbone is 10 times more in prolonged, improper and continuous sitting position.

FACTORS AFFECTING THE BACK DURING DESK WORK:

- Improper posture
- Lack of Ergonomics (scientifically designed office furniture/equipment)
- Static prolonged sedentary work and repetitive motion
- Improper crouching (Relaxed sitting)
- Stress at work.

The above said reasons may overstretch back anatomical structures, strain the back and may lead to back problems.

Guide to prevent/minimize back pain developing due to desk work

PROPER POSTURE

Adopt a proper posture while doing desk work. Maintain the posture in the chair as follows to avoid strain on your back:

- Sit with your hips reaching till the back of the chair.
- The back must be in full contact with the chair and supported fully.
- If necessary keep a small pillow or pad at your low back.
- Thighs must be parallel to the ground.
- The angle behind the knee should be 90 degree.
- The feet must be flat resting on the floor / footrest board.
- Adjust your chair height and keep 90- 90- 90 position of trunk – Hip – Knee –Feet.
- Elbows and arms should rest on the chair comfortably.
- Shoulder should be relaxed well.
- Neck should be slightly forward and the upper back to be straight.
- Sit close to the desk to avoid bending forward.

NOTE: For Proper back posture and strengthening the core muscle, choose the right office chair, take a short break between prolonged desk work and avoid bending over the table.

ERGONOMICS:

Ergonomics is the study of designing equipment and devices that help the human body to promote productivity and health.



The traditionally/ ergonomically designed office chair should have the following properties.

BACK REST: A vital feature of office chair is that it should support well the normal curvature of spine.

ARM REST: It supports the arms so that shoulders relax well while working. Armrest reduces the weight on the low back region by 30% while getting up from the seat.

SEAT: Should support the hip and buttocks comfortably.

HEIGHT: chair should allow for adjustment in height to keep 90-90-90 position trunk – Hip – Knee –Feet. If such facility is not available, footrest can be used to keep the above said position if necessary.

DESK ARRANGEMENT: To minimize desk work strain, arrange the office objects into three zones as frequent zone, occasional zone, and rare zone.

Frequently used phone and other office stationery should be kept at an easily reachable place. Depending upon the priorities, other things can be placed.

Sustained/Static seat work: Even though workstation is ergonomically designed, prolonged seat work may injure the back discs.

To minimise sustained desk work strain...

- Sit back in chair as much as possible to maintain straight back with normal back curve.
- Maintain good posture while sitting, by looking forward and keep the shoulders pulled back and place the entire the back against backrest of the chair.
- Keep the feet well placed flat on floor/footrest.
- Frequent change of posture is necessary.
- Frequently have a break and a little walk.
- Stretch the body periodically to relieve the tension in the back.
- While getting up from the seat, move to the front of the seat, put weight on armrest and then stand up to maintain low back curvature and minimise strain over them. (see the 1st picture below)



- Don't strain too much to reach objects. To reach the objects easily turn by moving your feet, rather than twisting your waist.(as above in the 2nd picture)

Wait for further steps to move....

Integral News Team



Ravi.K,
SSE80



Jaishankar.M.A,
SSE/M&P



Ravindra.ARS,
SSE/WS



Sudhir.K,
SSE41



Mehalan.R,
SE/IT



V.Ramesh,
SSE/M&P



S.Ghatikachalrao
SSE/WS



N.Devaraju,
SSE/Plant



SK.Satishkumar
SSE/M&P



K.Sekar,
Ch.OS/Engg



N.Jeganivasan,
Stores Inspector



N.Ganesh,
SSE/MPO/S



V.Sasikala,
OS/PB



B.Jayalalitha,
Accts Asst



SN.Vivekanandan
Ch.OS/P9



R.Shanmugam,
SSE/13



R.Lakshminarayan
SSE/40



R.Senthilnathan
SSE/48



R.Jegathiswaran
SSE/41



J.Ananthakumar
SSE/42



P.K.Panda,
SSE/PCO



G.Sivakumar,
CMS-1/CMT



P.Chandran,
SSE/42



P.Baskaran,
SSE/40



R.Nagarajan,,
SSE/10



AV.Gopalkrishna
SSE/22



D.T.Vijayaraj,
SSE/45



V.Annamalai,
OS/P7/Stores/F



A.Srivijayan
SSE/54



Harikumar.NV,
SSE/MPO/F



Sudharsan.MN,
SSO/Accts



G.V.Ramesh,
SSE/TS/F



D.Santhakumar
SSE/80



K.S.Rajakumar,
SSE/88



R.Sundarrajan,
SSE/30



BipinkumarKarn,
SSE/30



P.Sathyanaarayana
SSE/PC32



D.R.Suresh,
SSE/33



M.Devaraj,
SSE/85



M.Ganesan,
SSE/54



D.Baskar,
SSE/PCO



J.Selvakumar,
SSE/TTC



SabapathinatanM
SSE/D&D



Raju Balaji,
Ch.OS/Hospital



K.Chandran,
Webmaster/IT



D.N.Ramesh,
SSE/M&P



S.Muthukumar,
Dy CME/S.Rly



B.Chandrasekar
SME/D-II



K.N.Mohan,
WM/A/S



R.Srinivasan,
APE/PR/F

