



Results of the exact nature of work and work posture were presented on the basis of behaviour study. The study was conducted at ICU Medicine. Six nurses, two from the morning shift, two from the afternoon shift and two from the night shift were used as subjects. The snap reading method was used to record the nature of work, work posture and side behaviour at 30 second interval.

The results of the research revealed that fatigue symptoms were more common among nurses who work in shift system. However, some of the complaints were not of much difference. Adverse effects on family life, difficulty in sleeping and irregularity in meals were associated with nurses working in the shift system.

Time budget analysis on activities of the nurses showed that, the night shift nurses had less sleeping hours and irregular meals, compare to nurses working in morning shift.

Results of the behaviour study revealed that the tasks most frequently undertaken was writing of nursing records. The time spent on reporting to the newly arriving nurses at the shift changing time was found to be almost as equal as recording. And for personal care the average time spent was 45 to 50 minutes. The work posture mostly seen was the standing, they spent nearly three and a half hours for standing and about an hour on bending.