

# ERGONOMICS SHOPPING TROLLEY

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## ABSTRACT

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Nowadays there are many senior citizens who like to go shopping at the hypermarket such as Giant, Carrefour and Makro. However at their age, they are easy to get the back and wrist injuries especially, when they are arrive at the counter, they will take the goods on by one from the trolley. Moreover, they need to bend their body while unloading the goods therefore; they spend much effort and time to unload their goods from the trolley to the counter. There will be even more people going to the supermarkets in the weekends resulting in, long queue and longer waiting time.

Therefore it becomes a motive for me to design this trolley which can lift the goods faster and have a roller at the bottom which can transfer the goods to the counter effortlessly. It can save a lot of time and effort compared to the current trolley. Moreover, the height of the handle is too high therefore uses decide to bend their wrist to push the trolley. This problem, it will cause tenosynovitis and inflammation of the tendons and their sheaths. Hence I would to design the handle which is larger diameter wider surface and adjustable in order to distribute the force over the wider surface and maintain a straight wrist.