

## PHYSICAL AND MENTAL STRESS IN WORK ACTIVITIES

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**Abstract:** Each work activity causes, more or less, a stress on human organism. Physical stress is part of work stress, and, together with sensory and mental stress, it participates in the overall stress put on human organism during the performance of a work activity. During physical activity we assess total physical load which represents the muscular effort of upper and lower limbs, large muscle groups and local muscular effort, i.e. the effort of small muscle groups, e.g. muscles of forearms and hands. Work with burdens is one of the most common working activities. Achieving performance standards also plays a significant role mental stress. The aim of the paper is to assess the physical stress with the Holter analyser of employees who work with burdens and to suggest ergonomic and organisational measures that will ultimately reduce mental.

**Keywords:** physical stress, mental stress, local load, work with burdens, manual handling, ergonomics.

### References

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