Analyze ergonomics condition of outdoor fitness equipment in selected parks of Tabriz metropolitan area one

Poster Presentation

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Abstract

Introduction: This study aimed to assess the ergonomics of outdoor fitness equipment in the selected parks of Tabriz metropolitan area one.

Methods: The statistical population of the present study included all parks in the area one of Tabriz metropolitan municipality and male and female users (40-70 years old) using the outdoor fitness equipment of those parks. From 33 existing parks in District 1 of Tabriz metropolis, three high-traffic military parks, Parvin Etesami and Valiasr, were selected after consultation with the parks and green space organization of Tabriz municipality. The bodybuilders from each park (120 people in total) were selected by available method as research samples.

Results: Mechanical performance, safety of the location and performance, painting status and availability of instructions for use of the devices were assessed using the researcher-made checklist. User satisfaction was also assessed through a researcher-made questionnaire. SPSS software version 22 was used to calculate the desired frequencies. The results showed that there are some problems in the selected parks such as improper placement of the guide on the devices, lack of installation of colorless and clear guide on the device, mechanical problems of the device, improper arrangement of some sports devices and improper placement of devices next to the table in terms of safety.

Conclusion: According to the research findings, eliminating the problems in bodybuilding machines would be useful in increasing people's use of these machines, resulting in the improvement of the health and well-being of society

Keywords

Keywords: Ergonomics; Outdoor fitness equipment; Parks; Municipality