

“Long handle device and changing position” (Weeding)

Task Description: PL_3c (PL–Poland, 3– Ground level manual crops, outside, c–female, 65 years, field space 5 ar)

- Ground level manual strawberries weeding, outside
- Tasks connected with kneeling or bend down, manual work

Pictures:



1.



2.

Comments of the employee:

- continuously repetition of the same gestures
- work height not in accordance with work posture

Comments of the employer: motivation regarding solution:

Changing position during work from kneeling to standing on one or two knees, the device enabling work with straight trunk in the kneeling position

Comments of the employee:

- “When I am kneeling on the ground I feel discomfort in lower limbs”
- “After all day work I am tired and feel strong pain in my back”

MSD risks:

- Posture
- Frequency/duration

Exposed areas:

- Arm/wrist
- Lower back
- Lower limbs

Solutions:

Work in the standing position with trying to keep straight trunk, frequently changing position at work every half an hour – standing (50%), kneeling (30%), crouching (20%).

Comments after implementing good practice solution:

- Performing this kind of task involves high load especially in lower back, due to uncomfortable body posture
- In order to decrease lower back load you need changing often your body posture and adopt a posture with slight back