

**“Fruit boxes as a table with more suitable destination height; a hook for fruit bucket” (Picking plums from trees)**

Task Description: PL\_6d (PL–Poland, 6 – Harvesting of tree fruit, outside, d–male, 55years, orchard space 10 ha, which consists of 9 ha of apples)

- Manual handling and carrying the fruit bucket or box during picking plumes from a tree
- Task connected with carrying, lifting and moving a fruit bucket/box
- Task connected with repetitive tasks – fruits reaching, picking and putting into a bucket
- Picking plums from the higher part of tree requires body posture with hands above the shoulder

Pictures:



Comments of the employee:

- |                                     |  |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | Continuously repetition of the same gestures             |
| <input checked="" type="checkbox"/> | Work height not in accordance with work posture          |
| <input checked="" type="checkbox"/> | No helping devices available                             |
| <input checked="" type="checkbox"/> | Loads too heavy, carrying distance too far, too low, ... |

Comments of the employer: motivation regarding solution:

Working in position with hands above the shoulder, load of the upper limbs and lower back

**Comments of the employee:**

- Discomfort in lower back increases when I'm tipping fruits to the bucket situated on the ground level"
- "After all day work I feel strong pain in my lower back"

MSD risks:

- |                                     |         |
|-------------------------------------|---------|
| <input checked="" type="checkbox"/> | Posture |
|-------------------------------------|---------|

- Force
- Frequency/duration

Exposed areas:

- Neck/shoulder
- Upper back
- Lower back

Solutions:

Use a base to change the level of the bucket from the ground level to the higher one during tipping fruits to the bucket. Add a hook as a supporting device for carrying a fruit with apples. They are the simplest and the cheapest solution to reduce lower back load during tipping fruits to the bucket. They are easy-to-use and available at every garden.

**Comments after implementing good practice solution:**

Performing this kind of task involves high load especially in lower back, due to tipping fruits to the bucket

In order to decrease load of the lower back you need to use a base to change the level of the bucket

Using a base to change the level of the bucket during tipping fruits ladder allows you to keep trunk straight and reduce load of the lower back