

5 - SORTING, GRADING, PACKING

“Correct high of work-surface by using wooden board, fruits boxes and hand gloves” (Pears sorting)

Task Description: PL_5a (PL–Poland, 5 – Sorting and grading, packaging, a–male, 47 years)

- Manual sorting of fruits
- Task connected with repetitive tasks – picking a fruit from a box of unsorted fruits, visual evaluation of quality and size, putting a fruit in correct box
- Standing position during most of the working time, after sorting one box – walking and carrying heavy box full of the pears (weighted around 20 kg)
- Preparing empty boxes bedding them with the pieces of paper

Pictures:

AFTER



1.

Comments of the employee:

- | | |
|---|--|
| X | Continuously repetition of the same gestures |
| X | Continuously static standing work (> 1.5h) |
| X | No helping devices available |

Comments of the employer: motivation regarding solution:

Working in correct body position on suitable height of a working-surface is very important to avoid development of MSD.

Comments of the employee:

- “When I am sorting pears on unsuitable for my body height of a work surface I feel discomfort in my lower back”
- “Discomfort in shoulders and lower back increases when I put forward my hands to sort fruits”
- “After all day work I feel pain in my lower back”

MSD risks:

- | | |
|---|--------------------|
| X | Posture |
| X | Frequency/duration |

Exposed areas:

- | | |
|---|---------------|
| X | Neck/shoulder |
| X | Lower back |
| X | Lower limbs |

Solutions:

Use a simple solution such as a wooden board and fruit boxes to adjust suitable height of work-surface. Use hand gloves during sorting fruits from a cold storage to avoid cold hands (incorrect cardiovascular)

Comments after implementing good practice solution:

- Performing this kind of task involves high load especially in lower back, due to long lasting standing position with the hands put forward to the front
- In order to decrease lower back load you need to adjust correct height of a working-surface, which can be achieved by a wooden board and fruit boxes
- Using a simple, cheap easy and available solution allows you to reduce lower back load