

**“A foot step/base or a gum mat to adjust a work surface height to individual worker” (Apples sorting)**

Task Description: PL\_5c (PL–Poland, 5 – Sorting, a–female, 50 years)

- Mechanical technology of fruits sorting
- Man's work involve monotony and repetitive tasks
- Task connected with repetitive tasks – visual evaluation of quality and size of fruits, picking a fruit from belt conveyor with apples and put them to the specific cartoon box on upper shelf (pic.2)
- Standing position during most of the working time
- No opportunity to change height of a foot base to adjust working surface height

Pictures:

BEFORE



1.

BEFORE



2.

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"/> | Continuously static standing work (> 1.5h)      |
| <input checked="" type="checkbox"/> | No helping devices available                    |

Comments of the employer: motivation regarding solution:

MSD risks:

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

Exposed areas:

X	Neck/shoulder
X	Lower back
X	Lower limbs

Solutions:

Add (1) a foot step, (2) gum mat or (3) lift platform with a height regulation of floor base for individual worker.

Organise work for an individual person with rotation work station. You can add a railing or a high support chair to reduce lower back load.

**Comments after implementing good practice solution:**

- Performing this kind of task involves high load especially in lower back, due to long standing position with the hands put forward
- In order to decrease lower back load you need to organise work by rotation changing work station
- Using a high chair allows you to support back and reduce lower back load
- In order to adjust a height of work surface you can add a foot step, gum mat or a small lift platform with height regulation for individual person.