

## Education concerning work postures

### Task Description:

Driver very often needs to fasten and unfasten machinery to the tractor. This task involves uncomfortable postures and exerting forces. Some of tasks can be described as manual handling.



Assembling machinery to the tractor in strenuous work posture.

### Comments of the employee:

- 'During work I very often bend my body when assembling machinery to the tractor.'*
- 'Very often after work I feel tiredness in my back.'*
- 'For most of my work time I am sitting in the tractor, however before and after that I am performing tasks which require uncomfortable body postures and lifting loads.'*

### MSD risks:

- Performing tasks in strenuous body postures and manual handling tasks can cause overload resulted in pain, especially in back

### Exposed areas:

- Lower back
- Shoulder, upper limbs

### Solutions:

- Being more aware of risks related to performed tasks and learning of proper behaviour can improve work postures adopted during work, which can decrease musculoskeletal load.

### Comments to the driver of the tractor:

- Uncomfortable postures, if repeated very often during work time, can cause back pain
- If you want to avoid disorders of musculoskeletal system you need to adopt proper postures during work
- You should perform tasks in the body posture with straight back
- Keep you upper limbs as close to the body as possible
- Lifting loads should involve bending in knees in order to avoid bending in the back
- Whenever possible make work height in accordance with the most comfortable (for a given task) work posture
- Change posture of work: instead of standing – crouching posture