

### **“Long handle device and changing position” (Weeding)**

Task Description: PL\_3b (PL–Poland, 3– Ground level manual crops, outside, b–female, 45 years, field space 30 ar)

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

Pictures:



Comments of the employee:

- continuously repetition of the same gestures
- work height not in accordance with work posture
- continuously static standing work (> 1.5h)
- no comfortable standing posture
- no helping devices available

Comments of the employer: motivation regarding solution:

Changing position during work from kneeling to standing, 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 feel strong pain in my back”

MSD risks:

- Posture
- Frequency/duration

Exposed areas:

- Lower back

Solutions:

Work in the standing position 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 to adopt optimal body posture, which can be achieved by a long handle device and frequently changing position.