

## **“Changing work” (Sowing)**

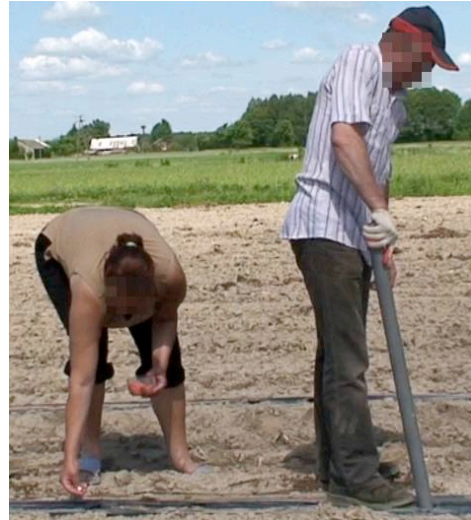
Task Description: PL\_3d (PL–Poland, 3– Ground level manual crops, outside, d–male/female, 42/38 years old, field space 0,5 ha)

- Ground level manual cucumber sowing
- Tasks connected with bend down, manual work

Pictures:



1.



2.

Comments of the employee:

- continuously repetition of the same gestures
- work height not in accordance with work posture
- no helping devices available

Comments of the employer: motivation regarding solution:

Two persons make the tasks, male works in the ergonomic standing position, female in the position bending down

**Comments of the employee:**

- Woman: “When I am bending down I feel strong discomfort in lower back”
- “I feel strong pain in my back very often, especially in the night after all day work”

MSD risks:

- Posture
- Frequency/duration

Exposed areas:

- Arm/wrist
- Lower back

Solutions:

Changing work at every half an hour between making holes and seeds

**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.
- Changing in performing tasks will make your musculoskeletal load less risky from the musculoskeletal disorders point of view