

“Ladder and a hook for fruit bucket” (Picking fruits from trees)

Task Description: PL_6c (PL–Poland, 6 – Harvesting of tree fruit, outside, c–male, 55 years, orchard space 10 ha, which consists of 9 ha of apples)

- Manual handling and carrying the fruit bucket or box during picking apples from a tree
- Task connected with carrying, lifting and moving a fruit bucket/box
- Task connected with repetitive tasks – fruits reaching, picking and putting into a bucket
- Picking apples from the higher part of tree requires body posture with hands above the shoulder

Pictures:

BEFORE



1.

AFTER



2.

Comments of the employee:

- | | |
|---|--|
| X | Continuously repetition of the same gestures |
| X | Work height not in accordance with work posture |
| X | No helping devices available |
| X | Loads too heavy, carrying distance too far, too low, ... |

Comments of the employer: motivation regarding solution:
Working in position with hands above shoulder level, load of the upper limbs and lower back

Comments of the employee:

- “When I am picking apples from a higher level of tree I feel discomfort in upper limbs”
- “Discomfort in shoulders and lower back increases when I lift and carry heavy bucket with apples”
- “After all day work I feel strong pain in my lower back”

MSD risks:

X	Posture
X	Force
X	Frequency/duration

Exposed areas:

X	Neck/shoulder
X	Upper back
X	Lower back

Solutions:

Use a ladder to pick fruits from higher level of trees. Add a hook as a supporting device for carrying a fruit bucket with apples. They are the simplest and the cheapest solution to reduce upper limbs load during picking fruits from the highest part of tree. They are easy-to-use and available in every garden shop.

Comments after implementing good practice solution:

- Performing this kind of task involves high load especially in shoulder, due to carrying heavy fruit buckets
- In order to decrease shoulder load you need to reduce carrying load, which can be achieved by a hook fixed on a ladder.
- Using a ladder allows you to keep hands below the shoulder and reduce load of the shoulders