

**“Small boxes as a table with more suitable destination height” (other orchard)**  
**(Picking fruits from trees)**

Task Description: PL\_6e (PL–Poland, 6 – Harvesting of tree fruit, outside, a–male, 50 and 40 years, orchard space 16,5 ha, which consists of 10 ha 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
- Putting apples to bucket situated on the ground level requires bend down body posture creates lower back pain

Pictures:

BEFORE



AFTER



AFTER



Comments of the employee:

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

Comments of the employer: motivation regarding solution:

Bend down position during putting apples to a bucket lay on the ground level

**Comments of the employee:**

- “Discomfort in lower back increases when I bend down to put fruits to the bucket situated on the ground level”
- “After all day work I feel strong pain in my lower back”

MSD risks:

- Posture
- Force
- Frequency/duration

Exposed areas:

- Neck/shoulder
- Upper back
- Lower back

Solutions:

Put a bucket on a box or boxes (depends on the man's height) to adjust working height destination of collecting fruits to more suitable for workers. It is the easy, cheap and simply solution.

**Comments after implementing good practice solution:**

- Performing this kind of task involves high load especially in lower back, due to bending down
- In order to decrease lower back load you need to adjust height of working-surface, which can be achieved by a box or boxes stayed on the ground
- Using a box as a table allows you to reduce load of lower back