

**“Orchard’s sledge on fruit box and as a ladder” (Picking fruits from trees)**

Task Description: PL\_6f (PL–Poland, 6 – Harvesting of tree fruit, outside, f–male, 35 years, 16,5 ha orchard space, 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
- Picking apples from the higher part of tree requires body posture with hands above the shoulder-joints
- 

Pictures:

AFTER

AFTER

AFTER



1.



2.

3.



Comments of the employee:

- Continuously repetition of the same gestures
- Work height not in accordance with work posture
- No comfortable standing posture
- No helping devices available
- 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/box with apples”
- “After all day work I feel strong pain in my lower back”

## MSD risks:

- |   |                    |
|---|--------------------|
| X | Posture            |
| X | Frequency/duration |

## Exposed areas:

- |   |               |
|---|---------------|
| X | Neck/shoulder |
| X | Arm/wrist     |
| X | Lower back    |

## Solutions:

Add an orchard's sledge as a supporting device for carrying a fruit bucket or box with apples. The orchard's sledge can be use as a table for fruit boxes during picking fruits from trees. Sledge helps workers to pick fruits up from higher parts of trees. It can be use as a ladder and as a table during picking fruits.

**Comments after implementing good practice solution:**

- Performing this kind of task involves high load especially in shoulder, due to carrying heavy fruit buckets/boxes
- In order to decrease shoulder load you need to reduce carrying load, which can be achieved by a orchard's sledge
- Using an orchard's sledge as a ladder allows you to reduce shoulders load and keep hands and shoulders below the shoulder-joints