

**“The way of picking fruits to a box, the way of changing a height to which are collecting fruits” (Picking fruits from trees)**

Task Description: PL\_6h (PL–Poland, 6 – Harvesting of tree fruit, outside, h–male, 35 years, orchard space 2 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
- Activity creates bend down body position

Pictures:

BEFORE



1.

AFTER



2.

AFTER



3.

AFTER



4.

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:  
Working in bend down position, load of the lower back

**Comments of the employee:**

- “When I am putting apples to a bucket situated on the ground level I feel discomfort in lower back”
- “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:

- Posture
- Force
- Frequency/duration

Exposed areas:

- Neck/shoulder
- Upper back
- Lower back

Solutions:

Adjust the way of picking fruits from trees. When you pick fruits from level in your shoulders range, just put additional box under box to which you put your fruits. It avoids bending down position to the ground level (pic.2, 4). Depends on your body height you can lay a box down in vertical or horizontal direction. It is allow picking fruits to a box situated on ground level when you pick fruits from lower level of tree. Then you have to remember about correct body position. Do not bend down your back; just incline your legs in knees.

**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 working height, which can be achieved by an additional box.
- Using a correct ways of working (body posture) allows you to reduce back load