

## Small chair (Preparation tasks)

### Task Description:

Many tasks related to milking cows involves squat body posture. Such body position is uncomfortable and can create fatigue. This body posture is adopted during such tasks as cleaning udder, attaching/detaching the milking machine, observation of the milking process.



Preparation tasks for milking cow

### Comments of the employee:

- 'When I squat I feel discomfort in arms, knees and back'*
- 'I very often feel pain in lower back and knees'*

### MSD risks:

- Squat posture involves musculoskeletal load in knees
- Bending in back and arms put forward create body posture with high musculoskeletal load

### Exposed area:

- Neck/Shoulder
- Lower back
- Lower limbs
- Upper limbs

### Solutions:

- Change posture during preparation tasks for milking cows by using small chair, when not used fastened with belt to the hip.



Using small chair preparation tasks for milking cow

### Comments after implementing good practice solution:

- Performing this kind of task involves high load especially in knees and lower back, due to uncomfortable body posture
- In order to decrease lower back load during preparation tasks you need to support your body, which can be achieved by using small chair