

## Table (Cleaning a milk barrel)

### Task Description:

One of tasks related to milking cows involves cleaning a milk barrel. Usually farmer puts a barrel on the floor and wash barrel inside. Doing this task in such a way makes the work height not in accordance with proper work posture, which imposes bending in the back. Such body posture is a strong risk factor of development of MSDs.



Cleaning a milk barrel which standing on the floor

### Comments of the employee:

- 'When I am cleaning the barrel standing on the floor I feel discomfort in back and knees'*
- 'Discomfort in back increases when I bend more my body'*

### MSD risks:

- Bend posture of the body during washing a milk barrel creates strong risk for development of MSDs in back.

### Exposed area:

- Lower back

### Solutions:

- Changing the height of work by using a table. This solution strongly diminishes load in back.



Using a table in order to adopt proper work posture during cleaning a milk barrel

### Comments after implementing good practice solution:

- Performing this kind of task involves high load especially in lower back, due to uncomfortable body posture
- In order to decrease lower back load you need to adopt optimal body posture, which can be achieved by avoiding back bending
- Using a table allows you to keep body posture straight up