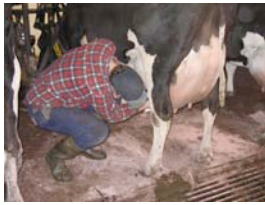


MILKING CHAIR IN THE TIE STALL

Task Description:

During milking in a tie stall the milker has to bend and kneel down in order to clean the dairy cows udder and attach the milking cluster



Unsuitable working postures during milking in a tie stall

Comments from the employee:

- 'It is no comfortable working posture and it is almost impossible to obtain a correct working posture'*
- 'It is extremely demanding for the knees, back and neck'*
- 'I have to twist my back if I am to see what I am doing'*

MSD risks:

- The work involves kneeling with a bended and twisted back several times during a milking shift, which is an unsuitable working posture
- The milker is holding a cluster of at least 1.6 kg in the hand while kneeling, bending and twisting the back
- The milker is exposed to a static muscle load for several hours

Exposed areas:

- Neck
- Upper / lower back
- Hips
- Knees

Solutions:

- The milker should use a chair when he/she is milking the dairy cows in the tie stall



Examples of milking chairs when milking dairy cows in a tie stall

Comments from the employer after investing in milking chairs:

- 'The milkers complain less about aches and pains after milking the cows'*
- 'In order to attract and keep good workers, it is important to have a good work environment and a milking chair is a good example'*
- 'The economic investment is well covered by the lower costs for sick leave'*

Comments from the ergonomist:

- 'The milking chair relieves the pressure on the lower extremities and back of the milker. Also, it ensures a sufficient blood flow to the lower extremities. Notice, the importance of a safe contact surface between the chair and the stall floor'*