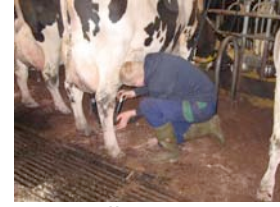


MILKING CHAIR IN THE TIE STALL

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:

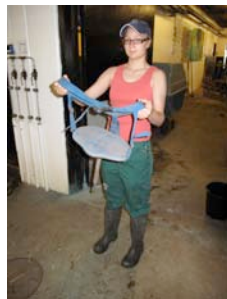
- ❑ The work involves kneeling with a bended and twisted back several times during a milking shift, which is an unsuitable working posture
- ❑ The milker is holding a cluster of at least 1.6 kg in the hand while kneeling, bending and twisting the back
- ❑ The milker is exposed to a static muscle load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

Photos: Peter Lundqvist, 2008; Christina Kolstrup, Sweden, 2009