

“Changing body position and sharpen shears” (Pruning)

Task Description: PL_4a (PL–Poland, 4– Pruning, a–male, 53 years, field space 50 ar)

- Manual the chokeberries bushes pruning
- Tasks connected with standing, walking, bend down, manual work; pruning using the pruning shears (clippers).

Pictures:



1.

2.



Comments of the employee:

- | | |
|---|---|
| X | continuously repetition of the same gestures |
| X | work height not in accordance with work posture |
| X | continuously static standing work (> 1.5h) |
| X | no comfortable standing posture |
| X | no helping devices available |

Comments of the employer: motivation regarding solution:

Because of the musculoskeletal problems the worker cannot crouch to minimize the load of lower back

Comments of the employee:

- “When I am bending forward during pruning I feel discomfort in lower back”
- “I have problem with my hip joint caused of long years work”
- “After all day work I feel pain in my hands as well”

MSD risks:

- | | |
|---|--------------------|
| X | Posture |
| X | Force |
| X | Frequency/duration |

Exposed areas:

- | | |
|---|------------|
| X | Arm/wrist |
| X | Lower back |

Solutions:

Changing the position at work between standing and crouching. Better device is needed – pruning shears should have longer handle and shear part bended to the handle about 45 degrees. It is very important to use sharp shears – after every day of pruning or if it is necessary even more frequent – sharpen your shears.

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 a long handle device and changing work position between standing and crouching.
- Using a long, sharp handle pruning shears with a shear part bended to the handle about 45 degrees allows you to decrease force needed to prune a branch.