

## **“Ladder and long handle shears” (Pruning)**

Task Description: PL\_4b (PL–Poland, 4–Pruning, b–male, 62 years, field space 12 ha)

- Manual the apples, pears, cherries trees pruning and the raspberries bushes pruning
- Tasks connected with standing, walking, bend down, manual work; pruning using the pruning shears (clippers).

Pictures:



1.



2.

Comments of the employee:

<input checked="" type="checkbox"/>	continuously repetition of the same gestures
<input checked="" type="checkbox"/>	work height not in accordance with work posture
<input checked="" type="checkbox"/>	continuously static standing work (> 1.5h)
<input checked="" type="checkbox"/>	no comfortable standing posture
<input checked="" type="checkbox"/>	no helping devices available

Comments of the employer: motivation regarding solution:

Musculoskeletal problems with hands and arms connected with force using at work.

**Comments of the employee:**

- “When I am pruning branches with hands up I feel discomfort in arms”
- “I have problem with my hands and lower back caused of long-years work. My hands shivers even during my normal daily activities at home”
- “My doctor told me that I should have an operation on hands and that my problem is caused of work. He told me that the hands problem depends on the tool and the lower back problems depends on the position during work and load during lifting.”

MSD risks:

<input checked="" type="checkbox"/>	Posture
<input checked="" type="checkbox"/>	Force
<input checked="" type="checkbox"/>	Frequency/duration

Exposed areas:

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

Solutions:

Climbing a ladder is the way to minimize the load of upper limb during pruning. Using the pruning shears with longer handle and shear part bended to the handle about 45 lets minimize the load of the hands during pruning in the standing position.

**Comments after implementing good practice solution:**

- Performing this kind of task involves high load especially in arms, due to sustaining uncomfortable body posture for long time
- In order to decrease arms load you need to adopt optimal body posture, which can be achieved by using a ladder and long handle shears. This will make your arms less fatigued
- 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.