

**“Changing work sites, elimination man’s work and support chair/base” (Apples sorting)**

Task Description: PL\_5b (PL–Poland, 5 – Sorting, a–female, 22 and 30 years, sorting 8 tonnes of apples per hour per 2 workers)

- Mechanical technology of fruits sorting
- Man’s work involve monotony and repetitive tasks
- Task connected with repetitive movements – picking a leaf or damaged fruit from bath line with apples and put them on the other line (pic.1)
- Task connected with repetitive tasks – picking a jam fruits from a conveyor belt with apples and put them down on the other line (pic.2- quality control)
- Standing position during most of the working time

Pictures:

AFTER



1.

AFTER



2.



3. AFTER

Comments of the employee:

- Continuously repetition of the same gestures
- Work height not in accordance with work posture
- Continuously static standing work (> 1.5h)
- No comfortable standing posture
- Loads too heavy, carrying distance too far, too low, ...

Comments of the employer: motivation regarding solution:  
Work organise is very important to avoid development of MSD.

MSD risks:

- Posture
- Frequency/duration

Exposed areas:

- Neck/shoulder
- Lower back
- Lower limbs

Solutions:

Organise work in such a way as plan a changing working sites of specific worker (e.g. rotation every 30 minutes) on first working place (pic.1) to avoid monotony and cold hands caused of water.

Organise work to change working sites on second working place (pic.2) to avoid monotony and back bend to the forward (e.g. every one hour).

Add a high chair or kind of supporter/base to allow worker rest a back.

The man's work is completely eliminated by a machine during throwing apples to a water transporter. A huge crate with apples is sinking to a water bath where apples protrude on a water surface.

**Comments after implementing good practice solution:**

- Performing this kind of task involves high load especially in lower back, due to long standing position with the hands put forward
- In order to decrease lower back load you need to organise work by rotation changing work station
- Using a high chair allows you to support back and reduce lower back load