

**“Correct height of work surface – a boxes tower and a lift platform” (Sorting and laying down the cartoon boxes with fruits on a pallet)**

Task Description: PL\_5e (PL–Poland, 5 – Sorting, a–female, 25 and 30 years)

- Man’s work involve repetitive tasks
- Task connected with repetitive activities – catch an apple, laying down in a tray (pic.1)
- Task connected with manual handling – lifting, carrying a box with fruit and laying down on a pallet to compose a tower of boxes to a transport
- Lifting boxes weighted around 20 kilos creates a MSD risk for a worker

Pictures:

AFTER



1.

2. BEFORE



BEFORE



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 helping devices available
- Loads too heavy, carrying distance too far, too low, ...

Comments of the employer: motivation regarding solution:  
Correct height of a work surface.

MSD risks:

- Posture
- Force
- Frequency/duration

Exposed areas:

- Neck/shoulder
- Arm/wrist
- Lower back
- Lower limbs

Solutions:

Adjust a height of work surface by build a tower of boxes. This is easy, simple and cheap solution to avoid MSD risk.

Add a lift platform under a pallet with fruits boxes to assure a correct height of work surface during laying down a box with fruit and composing a boxes' tower for transport.

**Comments after implementing good practice solution:**

- Performing this kind of task involves high load especially in lower back and shoulders, due to lifting, carrying and moving the cartoons with fruits
- In order to decrease lower back load you need to add a lift platform under a pallet with fruits to assure a correct body posture