

“Work surface during the manual sorting” (Apples’ sorting)

Task Description: PL_5g (PL–Poland, 5 – Sorting, a–male, 40, 45 years)

- Manual sorting of fruits
- Task connected with repetitive tasks – picking a fruit from a box with unsorted fruits, visual evaluation of quality and size, putting a fruit in a correct box
- Standing position during most of the working time, after sorting one box – walking and carrying heavy box full of the apples (weighted around 20 kg)
- Preparing empty carton boxes bedding them with a fruit pad

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 helping devices available |

Comments of the employer: motivation regarding solution:
Correct body posture during fruits sorting

MSD risks:

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

Exposed areas:

- | | |
|---|---------------|
| X | Neck/shoulder |
| X | Lower back |
| X | Lower limbs |

Solutions:

Change an angle of work surface by adding boxes and lean sorted box with fruits with angle on a fork-lift or other object (remember about safety and health).

Modification of working station relied on changing angle from horizontal onto 45 degree, which is more comfortable for workers.

Comments after implementing good practice solution:

- Performing this kind of task involves load in lower back and lower limbs, due standing position and hands moved forward
- In order to decrease lower back load you can modify an angle of base with trays for fruits
- It is easy, simple and cheap solution assuring correct body posture to a worker