

REPETITIVE WORK



What is repetitive work?

- You frequently make the same movements in succession (> 2x per minute) and
- Long periods of the same motion (> 2 hours a day and/or > 1 hour consecutively)

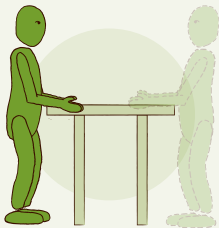
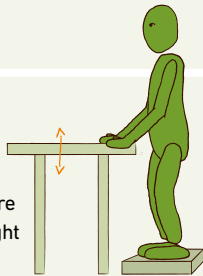
This occurs in cases such as harvesting, sorting and general crop-related work



Measures

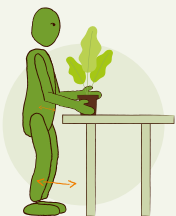
Before work commences

- Receive instructions on setting up your workplace and proper working posture
- Adjust your (work) table to the correct height or use a platform to stand on



During work

- Alternate standing and sitting
- Change places on the conveyor or bench
- Vary tasks in ways that require a change in work posture



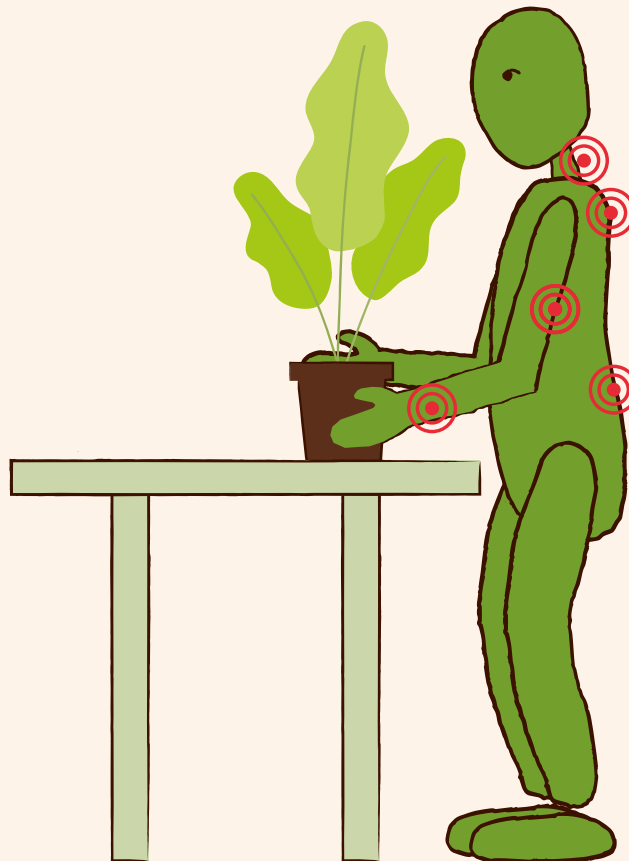
Stand close to the conveyor, table or workbench



Keep your shoulders and elbows low and relaxed



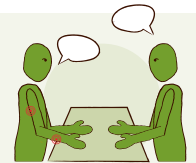
Risks



Keep your wrists straight



Regularly take a short break



Talk to your superior about problem areas and the onset of physical problems

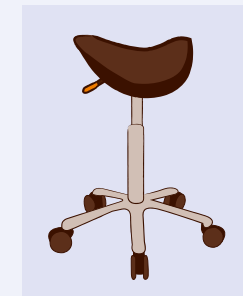
After work



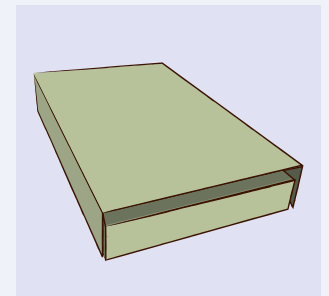
Do sports and exercise



Resources



Saddle seat, chair



Step platform/elevation