

MUSCULOSKELETAL DISORDERS

Musculoskeletal disorders is known to be the leading causes of workplace injuries. Know the signs and symptoms!

EXAMPLES



Carpal Tunnel Syndrome



Tendinitis



Fibromyalgia



Rotator Cuff Injuries
(Affects the Shoulder)



Epicondylitis
(Affects the Elbow)



Trigger Finger



Muscle Strains & Low Back Injuries



Osteoarthritis & Rheumatoid Arthritis

SYMPTOMS



Pain, Swelling, Numbness, & Tingling



Reduced Worker Productivity



Lost Time From Work



Temporary or Permanent Disability



Inability to Perform Job Tasks

Enterprise information

Farming involves hard physical work, and over time, it takes a toll on the bodies of farmers and farmworkers. That can lead to lost work time, which reduces individual income and farm profitability.

Understanding the ergonomics of farm work can help avoid common injuries that farm work can cause.

If you would like to conduct an ergonomic assessment of your farm please call the telephone numbers below.



Occupational Health and Safety in Agriculture



CFLI/FCIL
Canada Fund for Local Initiatives
Fonds canadien d'initiatives locales

CONTACT

☎ Safety Smart Plus
(767) 276-9203

☎ Ecobalance Inc.
(767) 315-5128



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**YOUR
GUIDE
TO
ERGONOMICS
FOR FARM WORKERS**

WHAT IS? ERGONOMICS

What is ergonomics?



Ergonomics is the science of fitting the work to the worker rather than trying to fit the worker to the work. Any relationship between the farmer, the farm task and the farm task environment involves ergonomics



Why is ergonomics important in the agriculture sector?



Ergonomics is important in agriculture because when you are farming and your body is stressed by an awkward posture, repetitive lifting, moving of heavy loads, stooping, or working in hot temperatures, your musculoskeletal system is affected



Back injuries and back pain are the most common musculoskeletal disorders in the agriculture sector. The goal is to ensure that farm workers are uninjured, safe and comfortable, as well as productive.

TIPS FOR A HEALTHY BACK

Guidelines for Lifting



Rules

- Position yourself in front of the object
- Keep your head in the neutral position (look straight ahead)
- Lift with your legs, not your back
- Don't twist when lifting
- Keep loads close to the body
- As much as possible avoid lifts from the ground or over shoulder level
- Don't lift bulky items alone
- Keep item weight below 50 lbs for men and 35 lbs for women
- Ensure crates/containers are equipped with handles
- If possible use wheelbarrow for loads that have to be carried more than a few feet



Lifting a wheel barrow



- Ensure the path ahead is clear
- Bend the legs for lifting instead of bending the back.
- Keep your head in the neutral position (look straight ahead)
- Spare your back and the wheelbarrow by never overloading.
- Always push a loaded wheelbarrow forward

Stooping down- posture and tools



- If stooped work is required, alternate with other short tasks that require walking or sitting, to break up the amount of time spent in stooped position.
- Redesign the way the work is done, modify a tool such as attaching a longer handle or use a different tool altogether to reduce strain on the back.

Work Stand height modifications for light and heavy work



- Use the proper Work Stand height for standing work. Work height should be at elbow level or slightly below elbow level
- Take breaks to sit, to reduce strain on the back or swelling of the feet
- Position items that are used often, within a reach of 17 to 24 inches.