

## 2.5 IMPROVED SEATING AND REDUCED LIFTING IN GARMENT MANUFACTURE

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### Task

Textile industry - sportswear manufacture. Production work and transportation of goods within the factory in the tailoring division and printing and dyeing division.

### Problem

The work in the tailoring division, printing and dyeing division involved prolonged periods sitting in a static position and constantly lifting or pulling loads. An increase in health problems and absenteeism had been noted, especially related to MSD. Some machines were operated by pedals that were uncomfortable to use. Very large and heavy metal trolleys were being used to transport goods in the factory, which required intense muscular effort and strain on the part of the employee.

*The work involved prolonged periods sitting in a static position and constantly lifting or pulling loads*

### Solution

The company has taken the following steps to help tackle these problems:

- use of new adjustable seating which provides the worker with much better support and also allows them to adjust their body position when working;
- adjusting the pedals of the machines to suit the employee;
- replacing the heavy trolleys by installing a mechanical system of rolling, raised shelves (Schonenberger system) for the purpose of placing, transporting and storing items to be tailored;

- increasing the use of other lifting devices such as fork-lifts, hand-operated pallet-bearing machinery;
- training employees in the correct lifting methods and the use of the lifting devices;
- training employees in other work tasks so a rotation system can be used to move them between different tasks. The aim of this is to reduce both physical and mental strain and allow employees to move from one work area and atmosphere to another.
- moving older and more susceptible employees to lighter work posts;
- carrying out regular health surveillance to help check for problems and that solutions are working;
- creating a pleasant and spacious room for rest and recreation with a canteen.

### Results

- Decrease of musculoskeletal problems;
- decrease in average of days off;
- improvement of productivity.