



# Physical workload

Excessive workload, incorrect posture or repetitive movement can damage the body immediately or in the long term. Think of neck, back and shoulder complaints. Knowledge of the correct posture in different situations can help prevent this.



## Threats

- Prolonged repetitive movements (for example gutting fish)
- Lift, carry, push and / or pull excessive loads
- Adopting the wrong working posture



## Step 1: Collective measures

### Source measures

- ✓ Automate where possible
- ✓ Use lifting aids

### Collective measures

- ✓ Inform your crew of the dangers of physical strain
- ✓ Give instruction about a correct working posture
- ✓ Reduce standard weight in the fish box
- ✓ Lift with multiple people
- ✓ Rotate the work regularly
- ✓ Organize the workplace ergonomically

## Step 2: Individual measures

- ✓ Lift carefully and with attention
- ✓ Increase physical capacity by, for example, exercising
- ✓ Take regular breaks

## Step 3: Personal protective equipment

- ✓ Wear safety footwear (steel toe caps, foot support, insulating effect)
- ✓ Apply an exoskeleton when possible