HEALTHY WORKPLACES SUMMIT 2022
Healthy Workplaces Lighten the Load

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Learnings from Inspections in the Transport & Courier Activities Sector with a focus on Innovative Solutions

Yiannos Koudounaris
SLIC WG EMEX

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TRANSPORT AND COURIER SECTOR – Statistics

- SLIC Inspection Campaign on MSD Prevention in this Sector:
  - NACE Code 52: Warehousing & Support Activities for Transportation
  - NACE Code 53: Postal & Courier Activities

- Total of 648 inspections carried out in this Sector by Labour Inspectors of 18 EU Member States’ Competent Authorities for OSH

- Majority of workplaces inspected (38.4%) were Small (10-49 employees)

- MSD Risk Assessment fit for purpose was found in approx. 56% of the workplaces inspected

- Participation of Workers Representatives in the MSD Risk Assessment in workplaces inspected was approx. 51%

- Measures taken & effectiveness checked in approx. 45% of workplaces inspected
TRANSPORT AND COURIER SECTOR – MSD Risks

- MSD related Risks for workers in the Transport & Courier Sector
  - Intensive Manual Handling of Loads (MHL), often heavy loads
    - Static, awkward body postures
    - Repetitive work operations, work involving multi-tasking
    - Time-constrained work, stressful environment
    - Vehicle-related risks, road related risks
    - Equipment-related risks
    - Slips, Trips, Falls on same level
    - Falls from height
    - Risks arising from Automation / Systems interface with Humans

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TRANSPORT AND COURIER SECTOR – Inspection Campaign

- EMEX WG Checklist applied by all competent OSH Labour Inspectorates in Europe

- Uniform inspection regime followed, application of EMEX Guidelines

- Use of evidence-based Methods such as Key Indicator Method (KIM), HARM, PTAI, ART, MAC Tool. Most popular Method used: KIM [approx. 50% of workplaces where an evidence-based Method was used]

- Targeted large Warehouses, Courier Distribution & Logistics Centres, Airport Baggage Handling and Port Operations

  **Good Examples & Innovative Solutions were found during inspections of workplaces in the Sector throughout Europe**
TRANSPORT AND COURIER SECTOR – Good Practices

Manual Handling in Courier Distribution Centers

• Package Manual Handling Operations: Workers carry out continuous *Lifting / Moving / Placing* of packages and *Scanning* of relevant bar codes

• Warehouse workers *Picking* items to stack hand lifts during the preparation of orders to be transported to clients

• Workers *Stacking* small packages on trolley carts / technical aids and then *Pushing* carts

• Courier workers *Transferring* packages from conveyor to vehicles used for deliveries to customers
Avoid Package Manual Handling:
Use flexible adjustable extendable Conveyor belt

Redesign Work: Stack packages on easy to push Trolleys
TRANSPORT AND COURIER SECTOR – Good Practices

Cyprus – Good Practices in Courier Distribution Centers (2)

Re-design **interface** between conveyor belt and vehicle

Re-arrange **Vehicle** for worker to stack & reach packages ergonomically
Manual Handling in Airport Ground Operations

- Baggage Handling work activities in airports pose high risk of MSD injury & ill health to ground workers (lower back, shoulders, neck pain)

- Bag characteristics: weight, size, grip

- Repetitive work. Differing Volume of bags in each shift. Rest periods

- Time constrained work to load/unload aircraft & airport baggage systems

- Workspace limited, awkward body postures, especially inside aircraft baggage compartments

- Adverse weather conditions, noisy environment, PPE mandatory

- Standard Baggage handling equipment poses ergonomic limitations
Cyprus – Innovative Solution for Airport Baggage Handlers (1)

• Ground handling workers used a wearable Exoskeleton “LIFT SUIT”

• This can reduce MSD risks to workers during loading & unloading aircraft by supporting the back and hip muscles during manual handling of bags.
TRANSPORT AND COURIER SECTOR – Innovative Solutions

Cyprus – Innovative Solution for Airport Baggage Handlers (2)

“Lift Suit” used by kneeling workers inside aircraft baggage compartments

“Lift Suit” used by workers loading bags on conveyor belts at ramp level

Preliminary results indicate reduction in potential strain on the workers’ Musculoskeletal System
TRANSPORT AND COURIER SECTOR – Good Practices in M-S

1. Slovakia – Use of technical means such as pallet truck, electric fork lift, to prevent MSDs
2. Latvia – Introduction of automation & quantitative risk assessments
3. Germany – New cars for workers in Parcel Delivery which comply with ergonomic specifications (car height, space, adapting to driver’s height)
4. Belgium – Logistics workplace used telescopic conveyor belts with platform to move into trucks (horizontal & vertical motion) to reduce MSD risks to workers
5. Czech Republic – RA for Courier workers who scan packages with one hand and operate a PC with the other hand simultaneously
TRANSPORT AND COURIER SECTOR

Thank you for your attention

Questions?