

Tillen tijdens zwangerschap

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1

2

Maximaal 10kg



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Waarom

Waarom

“Werkneemsters in alle fasen van de zwangerschap veilig en gezond kunnen werken”

- ✓ Geen risico aantasting vruchtbaarheid van vrouw
- ✓ Zwangerschap mag geen risico lopen
- ✓ Baby mag geen risico lopen tijdens de zwangerschap

Occupational lifting and adverse pregnancy outcome: a systematic review and meta-analysis

Agathe Croteau 

Croteau A. *Occup Environ Med* 2020;**0**:1–10. doi:10.1136/oemed-2019-106334

Veilige grens

- ▶ Max. 10kg
- ▶ Max. 10x >10kg

Baby

- ▶ Eerste drie maanden belangrijk
- ▶ Miskraam: 31% ↗
- ▶ Vroeggeboorte: 24% ↗
- ▶ Klein gestalte: NS



Moeder

- ▶ Lage rugpijn
- ▶ Bekkeninstabiliteit
 - ▶ Hormonaal: vanaf 20 weken
 - ▶ Mechanisch
- ▶ Gerelateerd aan zwaar werk

Criteria

Arborichtlijnen

- ▶ Hele zwangerschap: max. 10kg
- ▶ Week 20: max. 5kg, max. 10x/dag
- ▶ Week 30: max. 5kg, max. 5x/dag



Arborichtlijnen

► Staan

- 20wk: max. 2u/dag
- 30wk: max. 1u/dag

► Wandelen

- 20wk: max. 3u/dag
- 30wk: max. 2u/dag



Arborichtlijnen

► Hurken / knielen

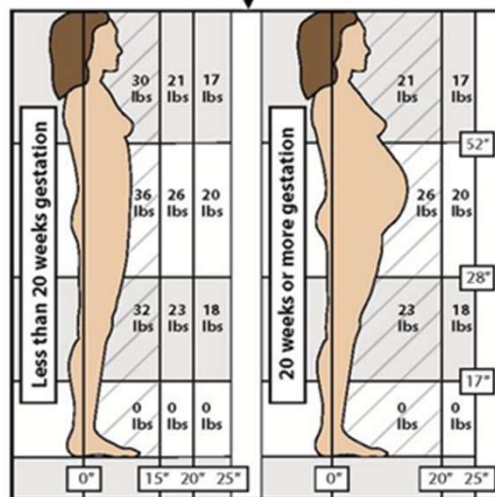
- 20wk: max. 25x/dag
- 30wk: max. 10x/dag

► Traplopen

- Max. 5x/dag, 15 treden



NIOSH



9,5kg 8kg

12kg 9kg

10kg 8kg



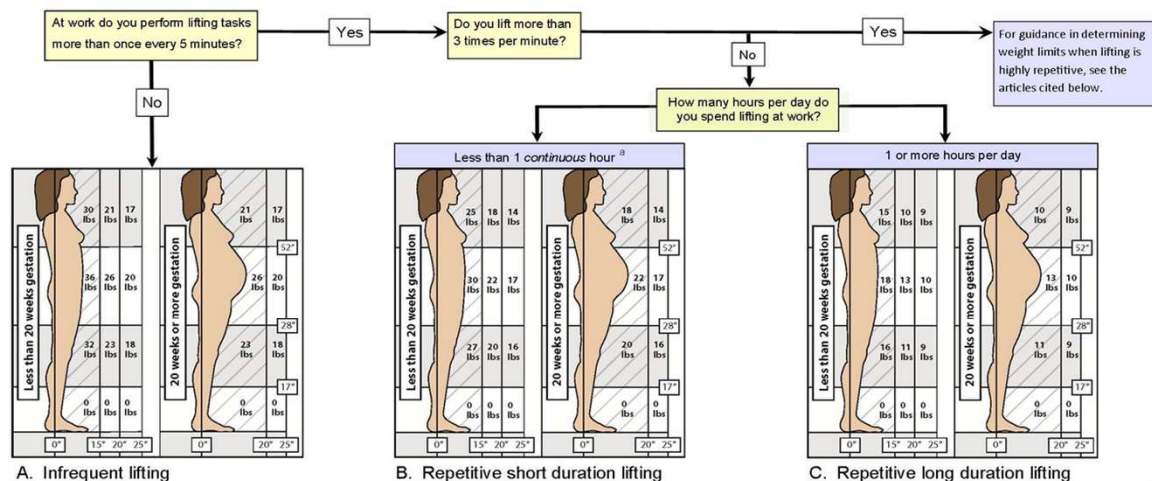
Max. 100x/dag

50cm 63cm

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Provisional Recommended Weight Limits for Lifting at Work During Pregnancy



Steps for determining the Recommended Weight Limit (RWL):

- 1) Answer the questions in the yellow-colored text boxes above to select the one graphic (A, B or C) that best describes the lifting frequency or frequency/duration pattern.
- 2) When less than 20 weeks pregnant, select the image on the left of the graphic; when pregnant for 20 weeks or more, select the image on the right.
- 3) Underline the numerical value on the graphic that best corresponds with the object location at the start of the lift (height from the floor and the distance in front of the body); repeat for the object location at the end of the lift. Now underline all other numerical values along the entire path the object would travel during the lift (between the start and end points). Circle the lowest numerical value underlined.
- 4) The number circled in step 3 is the RWL (in pounds) for the gestation period and lift conditions specified in steps 1-3. Repeat these steps when the gestation period or task conditions change.

^a - this task duration category can encompass multiple hours of lifting in one work day provided that each continuous lifting period is less than one hour and followed by a minimum of one hour of non-lifting activity before lifting resumes.

References

- 1) MacDonald L, Waters T, Napolitano P, Goddard D, Ryan M, Nielsen P, Hudock S (2013) Clinical Guidelines for Occupational Lifting in Pregnancy – Evidence Summary and Provisional Recommendations, doi: 10.1016/j.s0013-0001(13)00028-7.
- 2) Waters T, MacDonald L, Hudock S, Goddard D (in press) Provisional Recommended Weight Limits for Manual Lifting during Pregnancy. Human Factors.



NIOSH

	50cm	63cm
<96x/dag	10kg	8kg
96-180x/dag	8kg	6kg
>180x	5kg	4kg

NIOSH

- ▶ Max. 10kg tot 50cm reikafstand (<100x/dag)
- ▶ Max. 5kg tot 50cm reikafstand (>180x/dag)
- ▶ Niet boven het hoofd
- ▶ Niet lager dan knieën

Codex X

- ▶ Aangepast werk
 - ▶ Op basis van risicoanalyse tillen
- ▶ Verbod manueel hanteren van lasten
 - ▶ Laatste 3 maanden en 9^{de}+10^{de} week na bevalling
 - ▶ Als men dat risico voor periodiek medisch onderzoek heeft
 - ▶ Tillen, trekken en duwen, repetitief werk, dragen, verplaatsen personen

Bronnen

- ▶ Arbo: max. 10kg, na 20wk max. 5kg
- ▶ NIOSH: max. 10kg, >180x/dag: max. 5kg
- ▶ Review: max. 10kg, max. 10x >10kg

Bronnen

Arbo	Max. 10 kg					Max. 10 x 5kg		Max. 5 x 5kg		
	1-4	5-8	9-12	13-16	17-20	21-24	25-28	29-32	33-36	37-40
NIOSH	Max. 10 kg (<100x)									
	1-4	5-8	9-12	13-16	17-20	21-24	25-28	29-32	33-36	37-40
Review	Max. 10 kg (max. 10x >10kg)									
	1-4	5-8	9-12	13-16	17-20	21-24	25-28	29-32	33-36	37-40

Cases

Winkelbediende



Winkelbediende

- ▶ Aangepast werk: max. 10kg
- ▶ Kassa
- ▶ Onthaal
- ▶ Controle self scan
- ▶ Laatste drie maanden: verwijderen?

Orderpicker logistiek



Orderpicker logistiek

- ▶ Minder dan 10kg
- ▶ Zitten vorkheftruck/receptie/onthaal/
- ▶ Goods-to-man: lichtere artikelen
- ▶ Verwijderen

Verpleegkundige



Bedankt...



<https://www.ergonomiesite.be/tillen-tijdens-zwangerschap/>