

F

Worksheet 1: Comfort Assessment

Participant Information:

- Name:
- Shovel Type (A, B, C, D, E, F, G, H, I, J, K, L, M, N):
- Forks Type (A, B, C, D, E, F, G, H, I, J, K, L):
- Task Description (e.g., lifting straw into a wheelbarrow):

Bedding rake I
Scoop Shovel B
Scoop C

Comfort Evaluation:

1. On a scale from 1 to 10, rate the overall comfort of using the shovel (1 being extremely uncomfortable, 10 being extremely comfortable).

- Rating: 8

2. Were there any specific discomfort points while using the shovel or forks? Please describe.

I felt like I was bending either incorrectly or the handle was a little too short

3. Did you experience any discomfort in your hands, wrists, arms, or body? If yes, please specify.

no - but if I were to use this fork for an extended period - I might have back discomfort

4. Were there any features of the shovel that contributed to or alleviated discomfort? (e.g., discomfort grip design, curvature)

the handle felt nice - easy to grip and hold onto.

5. How would you suggest improving the comfort of this shovel for your body type or specific task?

Maybe a longer handle?

Worksheet 2: Control Assessment

Control Evaluation:

1. On a scale from 1 to 10, rate your perceived level of control while using the shovel or fork (1 being very little control, 10 being complete control).

- Rating: 9

2. Did you feel that the shovel allowed you to maintain control over the load (e.g., manure and straw mixture)? Please explain.

yes - the fork was large enough to hold a good amount of straw

3. Were there any instances where you felt the shovel's design hindered your control over the task?

no

4. Were there specific design features of the shovel that positively or negatively impacted your control (e.g., grip shape, length)?

The grip was good, fork size good
handle length - a little too short

5. How would you recommend enhancing control when using this shovel for your body type or specific task?

I probably should bend @ my knees
instead of bend my back - but I have
had a previous knee injury and can't.
A longer handle could reduce
need to bend.

Worksheet 3: Perceived Exertion Assessment

Perceived Exertion Evaluation:

1. On a scale from 1 to 10, rate your perceived level of physical exertion while using the shovel or forks (1 being very little exertion, 10 being extremely exerting).

• Rating: 3

2. Were there specific moments during the task when you felt exertion was higher or lower? Please describe these moments.

no. if the material was heavy
or wet (compost etc), that would have
been different.

3. Did the shovel design affect your perceived exertion levels (positively or negatively)?

no

4. Were there any physical areas (e.g., back, arms, wrists) where you felt increased exertion or strain? Please specify.

no

5. How do you think the design of the shovel or forks could be modified to reduce perceived exertion for your body type or specific task?

Longer handle

Ensure that participants complete these worksheets after using each shovel or fork type for the designated tasks. This feedback will be valuable for the research in evaluating the ergonomic efficiency of the shovels and making recommendations for improvements.