



# Healthy Workplaces Campaign 2020-22

## LIGHTEN THE LOAD

**Working with chronic musculoskeletal disorders**

# European Agency for Safety and Health at Work (EU OSHA)

- A body of the EU
- To help improve **working conditions** in the European Union by providing **information** to people involved in **safety and health at work**.
- Management Board and National Focal Point Network

## What we do:

- ✓ Collect, analyse and disseminate (via website)
- ✓ Share, Exchange

## What we don't do:

- X Make legislation
- X Inspect workplaces
- X Enforce the law

# Working with a chronic MSD? Success factors from EU-OSHA research

- **Awareness and attitude**
  - You don't have to be 100 % fit to work
  - Greatest barrier often employer's and colleagues' attitude
- **Good OSH standards – easier work for all**
- **Early intervention – focus on staying in work**

# Intervention success factors

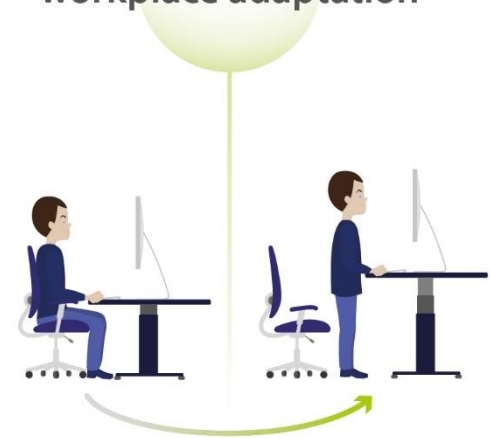
- **Focus on ability**
- **Tailored plans**
- **Range of measures**
  - Gradual return
  - Trial and error
- **Sufficient time**
- **Open conversations**
- **Coordination and external support**
- **Knowledge**

# Some simple measures which have allowed individuals to continue working\*

- An ergonomic mouse
- Voice-dictation software
- Wireless headset for answering the phone
- A foldable perching stool for site visits
- Sit-stand desk
- Flexible working
- Teleworking on 'bad days'
- Swapping tasks

\*EU-OSHA case studies on working with chronic MSDs, 2020

## Equipment and workplace adaptation



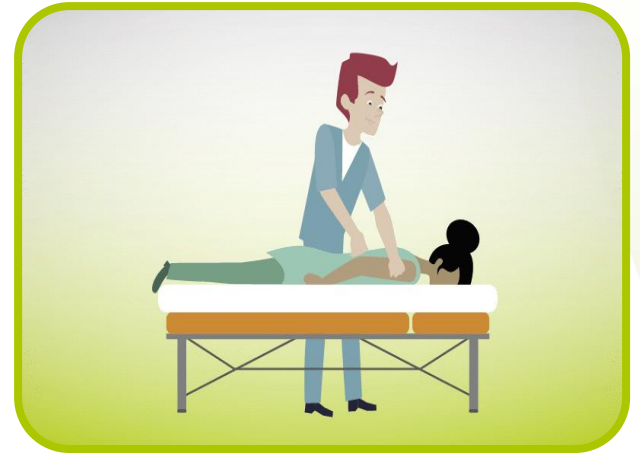
# Make work easier and more accessible for all

- **MSD risk prevention**
  - Based on risk assessment
  - Recognise that some workers may be more susceptible
- **Accommodations where needed**
  - Based on risk assessment
  - Early intervention – focus on staying in existing work
- **Musculoskeletal health promotion**
- **Universal design**
  - Consider disability at design and planning stages

# European Health Workplaces Campaign 2020-22

## Lighten the load

- Prevention of musculoskeletal disorders
- Working with chronic MSDs – priority area
- Report, case studies, info sheet, info graphic, PPT, database of resources, articles, training resources
- Special promotion March – June 2020
  - Working with a chronic condition is possible
  - Early intervention
  - Simple low cost measures



Chronic conditions

# Thank you for your attention

➤ **Join us and lighten the load!:**

[www.healthy-workplaces.eu](http://www.healthy-workplaces.eu)

➤ **Report – Working with chronic MSDs**

➤ – publication in March

➤ **MSD Theme page**

➤ <https://osha.europa.eu/en/themes/musculoskeletal-disorders>



**#EUhealthyworkplaces**