Swedish regulatory framework and implementation of EU legislation

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- On the minimum health and safety requirements for the manual handling of loads where there is a risk particularly of back injury to workers
- Applicable where risk exist, due to manual handling
- The employer should
  - assess risk for MSD
  - take appropriate measures
  - assure appropriate knowledge
  - guarantee workers’ participation
Provisions on Physical Ergonomics
Scope

• Loads that directly or indirectly affect the musculoskeletal system and the vocal cords negatively

• The employer's responsibility

• Obligations for others than the employer

• Definitions
Risk inventarisation and evaluation

Assessment of

• Work postures and movements
• Manual handling
• Repetitive tasks
• Vision and voice conditions
Inspections focused on physical ergonomics in patient transfers

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Assignment from the Swedish Government

Preventing the exclusion of women from working life due to factors in the work environment

- State of knowledge
- Information
- Development of methods
- Training of inspectors
- Performance of inspections
- Cooperation with other actors
Background

- Women have a higher registered absence due to illness than men.
- Women report more injuries than men.
- Musculoskeletal disorders are the most common cause of reported occupational diseases.
- More women than men leave the workforce prematurely.
Nobody should be injured when taking care of others
Aims

• Increased awareness of the risks for WRMSDs.
• Increased knowledge about how these can be detected and prevented.
At organisational level

• Work organisation and work load
  • Enough time?
  • Staffing?
• Physical load caused by the care burden
• Access to and maintenance of equipment
• Workspace
• Knowledge
At patient level
For any individual patient transfer
Methods introduced

www.av.se/checklistor
Inspectors were trained

- Specially assigned inspectors
- Common understanding.
- Study visit at the Institute for transfer aids in Gothenburg
- Inspectors in each district were trained by their colleagues specially assigned for the project.
The inspections

- The employers were notified about the inspection four weeks in advance
- Inspections were carried out mostly in a sitting session
Demands

• Performing risk assessments.
• Corrective actions, not carried out immediately.
• Establish procedures
Knowledge
Effects

• Procedures developed.
• Collaboration between hospital and home care.
• Donning of compression stockings on checklists.
• Ways to facilitate donning of compression stockings.
• Procedures for regular risk assessments and training.
Good practice

• Good practice for a systematic work environment management.
• Functional procedures for education and training.
• Good access to assistive devices.
• Low absenteeism.
• Participation.
• Skilled managers.
• A good working atmosphere.
Different areas of interest

• Occupational health services.
• Physical therapists and occupational therapists.
• The patient's need for rehabilitation and independence.
• The employee's interest in not risking health and wellbeing at work.
• The laws.
A sustainable work environment

• Prevent WRMSDs.
• HTO perspective.
• Suitable conditions for managers.
• Procedures and systems facilitating.
• Maintain and develop competence.
Read more

- Lighten the load in patient transfers

http://www.av.se/dokument/inenglish/broschures/adi_581eng.pdf

- Report 2014:5 eng

http://www.av.se/inenglish/publications/reports/
Thank you for your attention!

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