



Swedish regulatory framework and implementation of EU legislation



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Council Directive 90/269/EEC of 1990

- 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 inventarisering och utvärdering

Utvärdering av

- Arbetsställningar och rörelser
- Manuell hantering
- Repetitiva uppgifter
- Syn och röstförhållanden



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

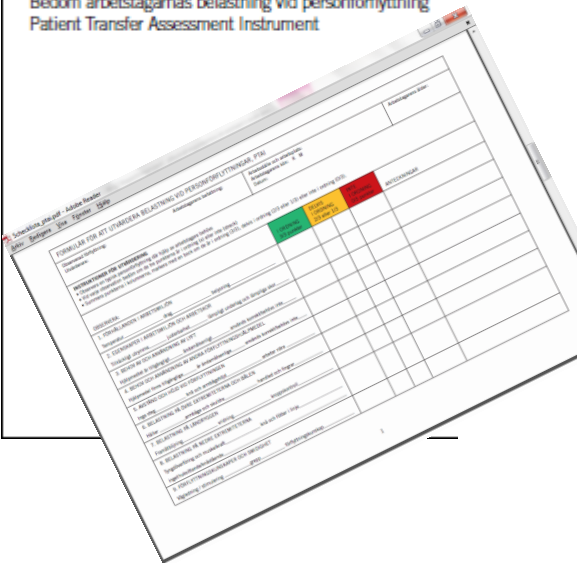


Methods introduced



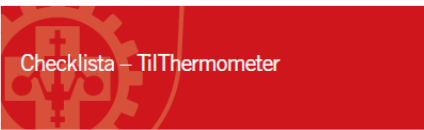
Checklista - PTAI

Bedöm arbetstagarnas belastning vid personförflyttning
Patient Transfer Assessment Instrument



Formulär för att värdera belastning vid personförflyttningar (PTAI)

Arbetsmiljöverket

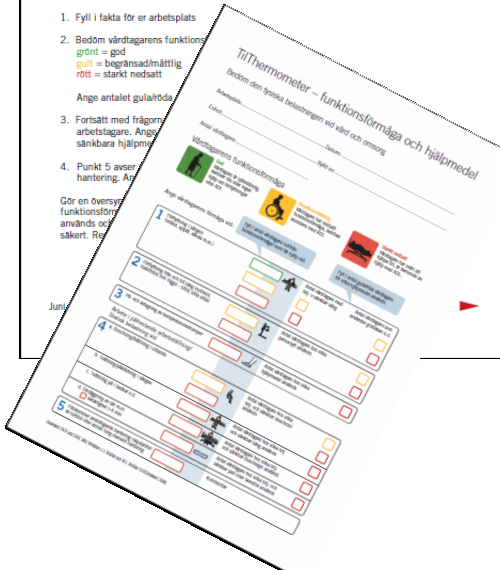
Checklista - TilThermometer

Bedöm arbetstagarnas belastning utifrån vårdtagarens funktionsförmåga och tillgången till hjälpmedel

Instruktion till TilThermometer

- Fyll i fakta för er arbetsplats
- Bedöm vårdtagarens funktionsförmåga
grönt = god
gul = begränsad/måttlig
rött = starkt nedsatt
- Anges antalet gulalrodor
- Fortsätt med frågorna arbetstagare. Anges sänkbara hjälpmedel
- Punkt 5 avser hantering. Ange

Gör en översyn funktionsförmågan används som säkert. Rätt



TilThermometer - funktionsförmåga och hjälpmedel

Bedöm den fysiska belastningen vid vård och omvård

Arbetsmiljöverket

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/adi581eng.pdf>

- Report 2014:5 eng

<http://www.av.se/inenglish/publications/reports/>



Thank you for your attention!

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