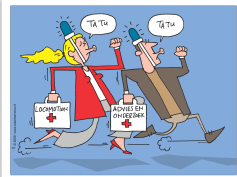


The Locomotion Network

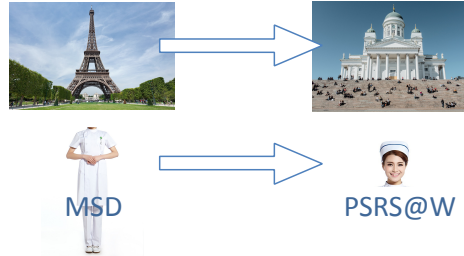


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From Paris to Helsinki



Back Pain in Germany

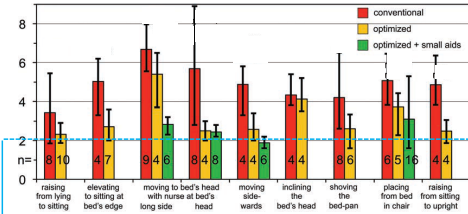
OECD Stat Germany 2012 data (October 20 2013), Hoffman et al.

- annual prevalence of back pain in nursing is 50-55%
- 369.500 German nurses have back pain every 12 months at least one episode
- 1012 nurses per 24 hours
- 21 nurses during this presentation !



Compressive forces on the disc L5/S1 during several activities

... it simply is too heavy!



Recommended threshold for day-related cumulation⁸

⁸Seidler A, Bergmann A, Jäger M et al. Cumulative occupational lumbar load and lumbar disc disease - results of a German multi-center case-control study (EPILIFT). BMC Musculoskelet Dis 2009; 10:48-60.



'If the work is intrinsically unsafe, no amount of training can correct the situation'



David Stubbs, 1983



The Four Cornerstones:

- # 1: guidelines and regulations.
- # 2: social partners.
- # 3 (re)building ergonomic hospitals
- # 4 (training)



Cornerstone # 1 (guidelines and regulations):

- Council Directive 90/269/EEC (1990)
- CEN ISO TR 12296, manual handling of people in the health care sector (2014)



'The nurse should have easy access to both sides of the bed and should be able reach any part of the patient without having to bend over'

Florence Nightingale (1859)



The Royal College of Nursing (RCN, UK) started condemning manual transfer techniques in the mid nineties.



Australian or Shoulder Lift



Hug lift

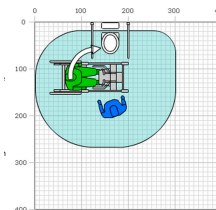


Cornerstone # 2: (social partners)

- employers, unions and government work together
- examples from Germany, UK, Netherlands, France, Sweden, Finland, Spain.



Cornerstone # 3 (re)building ergonomic hospitals:



Cornerstone # 4 (training)



- 'ErgoCoaches' (NL), 'Preventeur Interne' (F), 'Lifting Champions' (UK).
- e-learning
- educational material





Paris:

- demographic and epidemiological (aging, obesity) trends suggest that status quo (no action taken) is very likely to contribute to aggravating MSD problems in the future,
- as we have reliable knowledge and experience about how to assess and solve MSD available, it's time to go from word to action,
- we have an issue (!) and we know how to solve it (!) so let's save backs, save careers, reduce costs and improve patient care!

From Paris to Helsinki and vice versa

Juvenal (poet, ancient Rome):
'Mens sana in corpore sano'
 (a sound mind in a sound body)

Minke WERSÅLL (Swedish Work Environment Authority)
'Nobody should get hurt when taking care of others'