Healthy Workplaces Campaign 2020-22 LIGHTEN THE LOAD

Introduction to the campaign
MSD in the Health sector from Evidence to Practice – 25/02/2021

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Overview

- What is the problem?
- What are work-related MSDs?
- Tackling MSDs
- Areas of intervention
- Practical and scientific resources
- Main pillars of our Healthy Workplaces campaigns
- Campaign website
What is the problem?

Eurostat, Labour Force Survey 2013

Of all workers in the EU with a work-related health problem, 60% identify MSDs as the most serious

EWCS 2015

Roughly 3 in every 5 workers in the EU report MSD complaints
Prevalence of risk factors in the Healthcare sector

Physical and psychosocial risk factors are more prevalent and have increased more from 2014-2019 in the healthcare sector* than in other sectors.

*) Human health and social work activities

ESENER-2 (2014) and ESENER-3 (2019)
What are work-related MSDs?

- Impairments of bodily structures
- Caused or aggravated primarily by work
- Physical, psychosocial, organisational and individual factors can contribute
Tackling MSDs

- MSDs are preventable and manageable
- Actions based on the general principles of prevention
Risk assessment

- Essential for successful prevention
- Everyone — employers, managers, workers and OSH services — should participate
- All groups of workers should be covered
Areas of intervention – Priority areas

- Facts and figures
- Chronic conditions
- Sedentary work
- Worker diversity
- Future generations
- Psychosocial risks
Priority Areas - Prevention

Example – Promotion Package Chronic MSDs (rehabilitation)

- Campaign info sheet
  - Working with chronic musculoskeletal disorders

- 1 PowerPoint

- 1 Infographic:
  - Working with musculoskeletal disorders

- Tools and resources database: with material from EU & national level
  - Practical tools and guidance
  - Case studies
  - Visual material

- Reports
  - Analysis of case studies on working with chronic musculoskeletal disorders (8 case studies)
  - Summary - Analysis of case studies on working with chronic musculoskeletal disorders
  - ‘Working with chronic MSD’ + SUMMARY

- OSHwiki articles:
  - Managing low back conditions and low back pain
  - Working with rheumatic and musculoskeletal diseases (RMDs)
  - Early interventions for MSDs among the working population
Practical tools and guidance / database

Main pillars of our Healthy Workplaces campaigns

- **Decentralised information campaign**
  - In Member States, EEA, and candidate and potential candidate countries to address an OSH issue – focus on a single theme

- **Objectives:**
  - Engaging stakeholders at all levels
  - Awareness raising
  - Developing and promoting practical tools and good practice solutions

- **Target groups:**
  - Targeted primarily at intermediaries, which will help the Agency to reach the campaign’s direct beneficiaries at the workplace level.

- **Agency coordinates campaign activities**
  - Produces, distributes and promotes information material in 25 languages
  - Gives visibility to campaign activities (website, newsletter, social media)
  - Provides support (FAST services) to Focal Points to stimulate national activities
  - Recruits and manages a network of official campaign partners and media partners
  - Organises Healthy Workplaces Good Practice Awards competition
  - And very much more…….
Official Campaign Partners - HOSPEEM and EPSU

Contact National focal points

Good Practice Awards Competition

2 European Weeks – October 2021 and 2022

Campaign website - healthy-workplaces.eu
Join us and lighten the load!

Find out more on the campaign website: healthy-workplaces.eu

Subscribe to our campaign newsletter: https://healthy-workplaces.eu/en/healthy-workplaces-newsletter

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Keep up to date with activities and events through social media: