



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

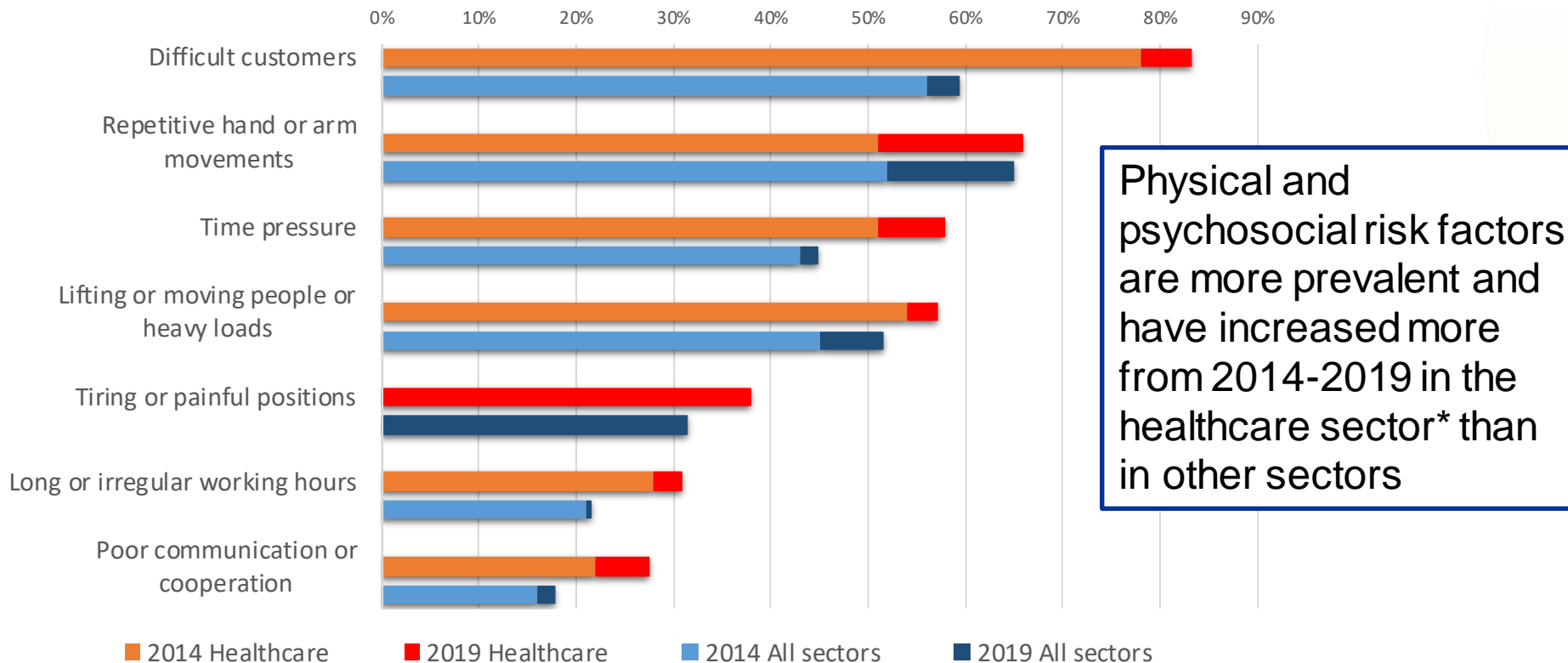
Of all workers in the EU with a work-related health problem, 60 % identify MSDs as the most serious

EWCS 2015

Roughly 3 in every 5 workers in the EU report MSD complaints

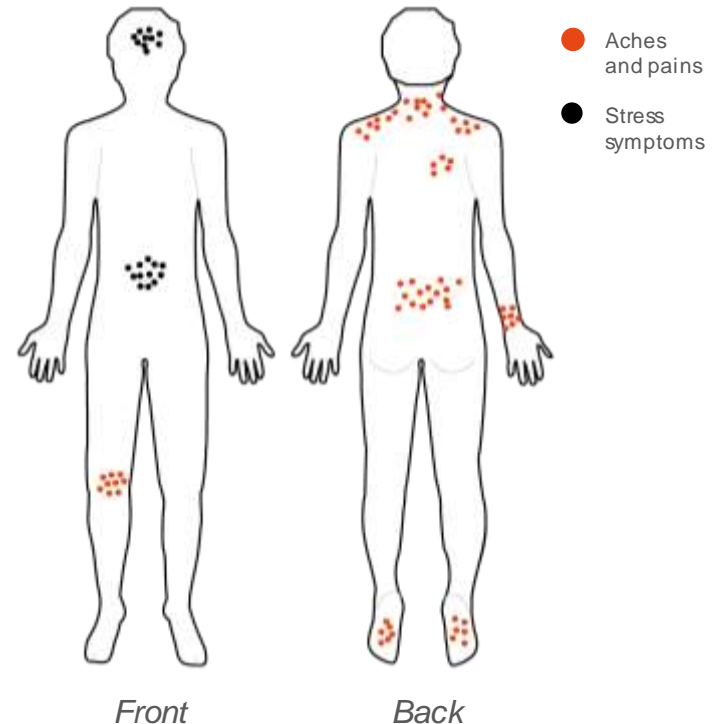


Prevalence of risk factors in the Healthcare sector



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

<https://healthy-workplaces.eu/en/about-topic/priority-area/prevention>

The screenshot shows a web browser displaying the 'Prevention' page on the Healthy Workplaces website. The page features a navigation menu with options like 'ABOUT THE TOPIC', 'TOOLS & PUBLICATIONS', 'GET INVOLVED', 'CAMPAIGN PARTNERS', 'MEDIA CENTRE', and 'PREVIOUS CAMPAIGNS'. The main heading is 'Priority areas', with a sub-heading 'Prevention'. The page content includes a sidebar with 'About the topic' (What is the issue?, Why is it an important?, Who has to be involved?, How can it be managed?, The business case, Making a case, Facts & figures, Prevention, Chronic conditions, Glossary) and a main section titled 'Prevention' with a 'Recommended resources for you' box. The resources include an 'Info-sheet - Body and hazard mapping in the prevention of musculoskeletal disorders (MSDs)' and an 'Infographic - Work-related musculoskeletal disorders'. The footer contains the European Agency for Safety and Health at Work logo and the URL 'www.healthy-workplaces.eu'.

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](#)

PRIORITY
AREA: with a special section on the HWC website

Practical tools and guidance / database

Practical tools and guidance | X

https://healthy-workplaces.eu/en/tools-and-publications/practical-tools?f%5B0%5D=field_sector_industry_covered%3A4773

Healthy Workplaces Lighten the Load 2020-22

ABOUT THE TOPIC | **TOOLS & PUBLICATIONS** | GET INVOLVED | CAMPAIGN PARTNERS | MEDIA CENTRE | PREVIOUS CAMPAIGNS

Practical tools and guidance

To make it easy for workplaces to assess and manage MSD **risks**, our easy-to-use database includes a variety of practical tools and guidance materials developed at EU and national levels.

The resources include case studies and visual materials, and they cover a wide range of sectors, **hazard** types and prevention measures. Some are specifically aimed at certain groups of stakeholders, for example employers, workers or managers, and some are designed to help in managing MSDs among specific groups of workers. The resources can be filtered by these groups and a variety of other categories, so it couldn't be easier to find exactly what you are looking for.

Share this on [f](#) [t](#) [in](#)

Country: [Dropdown] Search in resources: [Input] Sort by: Year of publication [Dropdown] Language: [Dropdown]

Clear filters

Resources available (24)

Videos on patient moving in healthcare

TYPE: Visual resources COUNTRY: New Zealand LANGUAGE: English PROVIDER: ACC New Zealand

Human health Hospital activities

https://healthy-workplaces.eu/en/tools-and-publications/practical-tools?f%5B0%5D=field_sector_industry_covered%3A4773

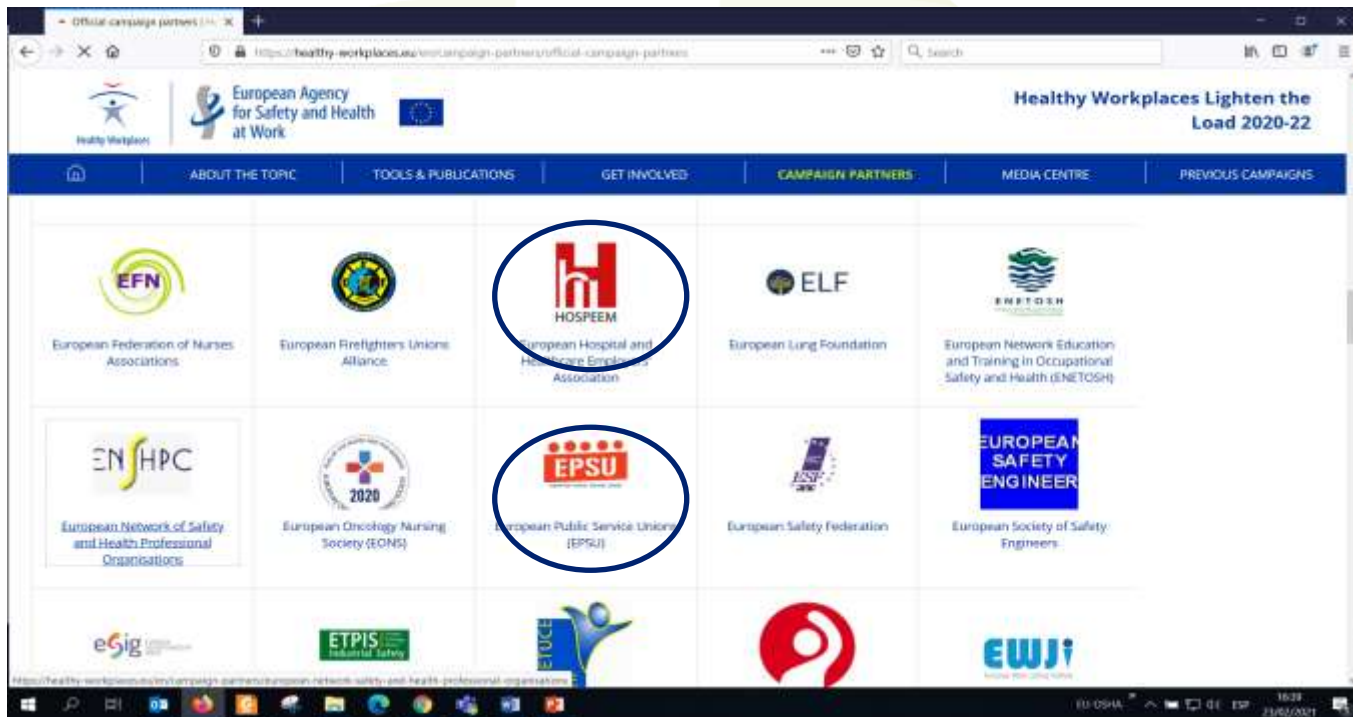
https://healthy-workplaces.eu/en/tools-and-publications/practical-tools?f%5B0%5D=field_sector_industry_covered%3A4779

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

<https://healthy-workplaces.eu/en/campaign-partners/official-campaign-partners>



Contact National focal points

<https://healthy-workplaces.eu/en/campaign-partners/national-focal-points>

The screenshot shows a web browser displaying the 'National focal points' page on the Healthy Workplaces website. The page features a blue header with the 'Healthy Workplaces' logo, the European Agency for Safety and Health at Work logo, and the slogan 'Healthy Workplaces Lighten the Load 2020-22'. A navigation menu includes 'ABOUT THE TOPIC', 'TOOLS & PUBLICATIONS', 'GET INVOLVED', 'CAMPAIGN PARTNERS', 'MEDIA CENTRE', and 'PREVIOUS CAMPAIGNS'. The main content area has a green background with the title 'National focal points'. Below the title, there is a paragraph explaining the role of national focal points in the Healthy Workplaces Campaign, followed by a list of countries with their respective flags. The countries listed are Austria, Belgium, and Bulgaria. The page also includes social media sharing options and a search bar.

EU-OSHA's network of national focal points is vital to the Healthy Workplaces Campaign. The focal points, which are typically the leading safety and health organisation in their country, are mandated by their government to be EU-OSHA's official representative. **They coordinate the Healthy Workplaces Campaign at the national level.**

Focal points organise a wide range of campaign activities, and they also make a huge contribution to the Agency's work programmes more generally. They support EU-OSHA's initiatives with information and feedback, and use their networks to get governments and workers' and employers' representatives on board.

If you want to get in touch with your national focal point, click on the button for your country below.

A B C D E F G H I L M N P R S

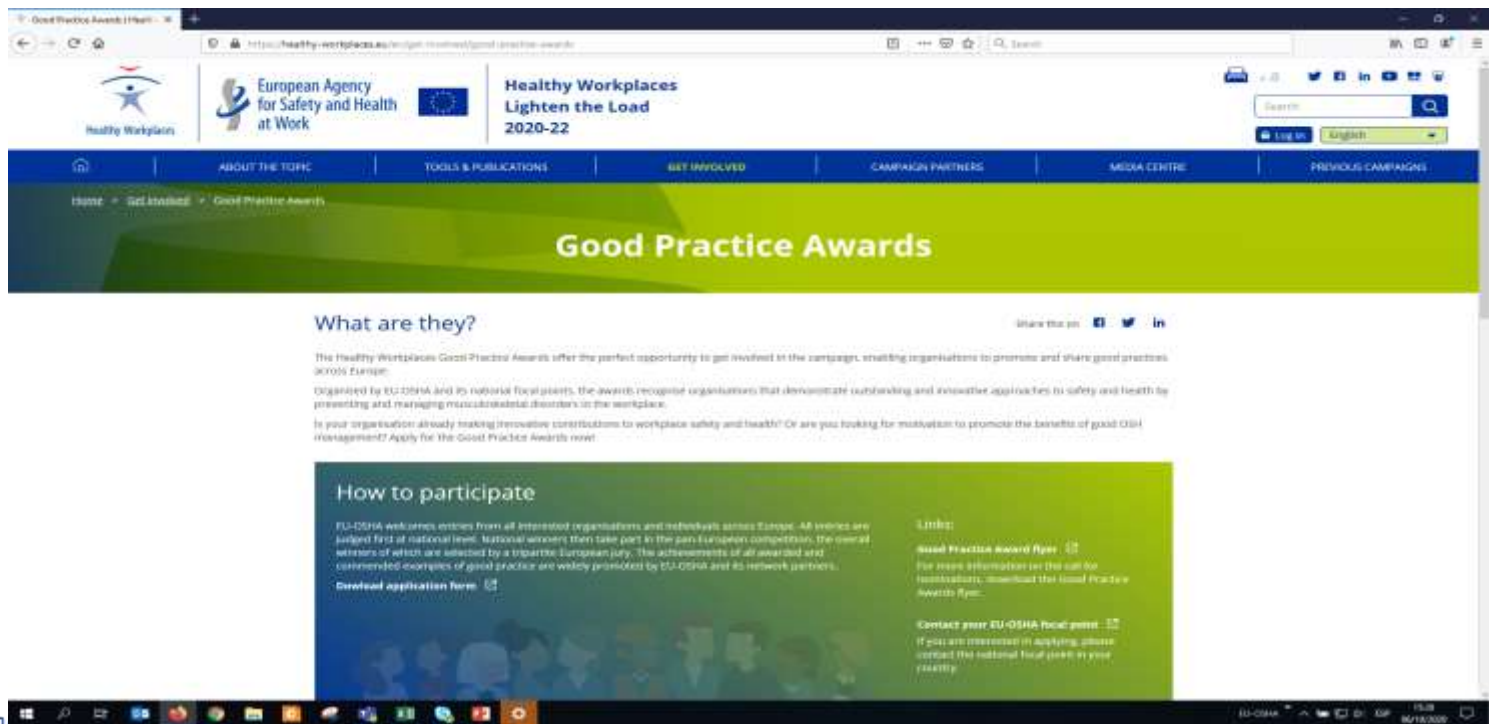
Austria

Belgium

Bulgaria

Good Practice Awards Competition

<https://healthy-workplaces.eu/en/get-involved/good-practice-awards>



The screenshot shows the website for the Good Practice Awards competition. The header includes the logos for Healthy Workplaces, the European Agency for Safety and Health at Work, and the European Union flag. The main navigation menu contains links for 'ABOUT THE TOPIC', 'TOOLS & PUBLICATIONS', 'GET INVOLVED', 'CAMPAIGN PARTNERS', 'MEDIA CENTRE', and 'PREVIOUS CAMPAIGNS'. The page title is 'Good Practice Awards'. The main content area is titled 'What are they?' and includes a 'Share this on' section with icons for Facebook, Twitter, and LinkedIn. The text describes the awards as an opportunity for organizations to promote and share good practices across Europe, organized by EU-OSHA and its national focal points. It also includes a 'How to participate' section with a 'Download application form' link and a 'Contact your EU-OSHA focal point' link. The footer of the website shows the European Agency for Safety and Health at Work logo and the URL www.health-workplaces.eu.

2 European Weeks – October 2021 and 2022

<https://healthy-workplaces.eu/en/get-involved/european-week>

The screenshot displays the website for the European Week for Safety and Health at Work. The header includes the logos for Healthy Workplaces, the European Agency for Safety and Health at Work, and the European Union. The main navigation menu contains links for 'ABOUT THE TOPIC', 'TOOLS & PUBLICATIONS', 'GET INVOLVED', 'CAMPAIGN PARTNERS', 'MEDIA CENTRE', and 'PREVIOUS CAMPAIGNS'. The page title is 'European Week for Safety and Health at Work'. Below the title, there is a section titled 'What is it?' with a grid of images showing various workplace safety activities. To the right of this section is a 'Share this on' social media sharing area and a 'Related resources' section with three links: 'About the topic', 'Become a campaign partner', and 'Campaign partners'. At the bottom of the page, there are sections for 'News' and 'Events'. The Windows taskbar is visible at the very bottom of the screenshot.

Campaign website - healthy-workplaces.eu

The screenshot shows a web browser window displaying the 'Healthy Workplaces' website. The browser's address bar shows 'http://healthy-workplaces.eu'. The website header includes the 'Healthy Workplaces' logo, the 'European Agency for Safety and Health at Work' logo, and the text 'Healthy Workplaces Lighten the Load 2020-22'. There is a search bar and a 'Log in' button. A blue navigation bar contains the following menu items: 'ABOUT THE TOPIC', 'TOOLS & PUBLICATIONS', 'GET INVOLVED', 'CAMPAIGN PARTNERS', 'MEDIA CENTRE', and 'PREVIOUS CAMPAIGNS'. The main content area is divided into four quadrants. The top-left quadrant is green and titled 'About us Healthy Workplaces Campaign', with a sub-heading 'Our campaigns help us to raise awareness of important safety and health issues...' and a button 'About the campaign >'. The top-right quadrant features a graphic of a green helix with small human figures on its levels. The bottom-left quadrant shows a line of diverse human figures. The bottom-right quadrant is green and titled 'What is the issue? Musculoskeletal disorders', with a sub-heading 'Musculoskeletal disorders (MSDs) are one of the most common work-related health problems in Europe...' and a button 'What is the issue? >'. A blue circular arrow icon is located at the bottom center of the main content area. The Windows taskbar is visible at the bottom of the browser window.

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>



#EUhealthyworkplaces

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