

MUSCULOSKELETAL DISORDERS, PREVALENCE, PREVENTION AND POLICY: WHAT HAVE WE LEARNT? EVIDENCE FROM EU-OSHA RESEARCH

Thursday 22 October 2020 | 9:30-13:00

AGENDA

9:30-9:35 - Welcome and introduction

Christa Sedlatschek, EU-OSHA Executive Director



Dr Christa Sedlatschek was appointed Director of the European Agency for Safety and Health at Work in September 2011. Dr Sedlatschek is a medical doctor and a specialist in occupational health. She has a particular interest in Musculoskeletal disorders (MSDs) which remains the most common work related health problem in Europe.

9:35-9:50 - Setting the scene: What is the issue with MSDs in Europe? EU-OSHA research on MSDs: an introduction

Maurizio Curtarelli, Prevention and Research Unit, EU-OSHA (moderator)



Maurizio is a Project Manager in the Prevention and Research Unit at EU-OSHA, where he is currently managing a multiannual research programme on work-related Musculoskeletal Disorders, and is involved in a number of other research activities. Maurizio has been working in the socio-economic research domain focussing in particular on topics related to labour market, working conditions and quality of work, international development and evaluation of public policies. Prior to joining EU-OSHA he has been working for organisations such as the European Foundation for the Improvement of Living and Working Conditions (EUROFOUND), the International Labour Office (ILO) and the European Commission.

Session 1

9:50-10:20 - MSDs: from research to policy and practice: Facts and figures of MSDs in Europe

Lorenzo Munar, Prevention and Research Unit, EU-OSHA



Lorenzo Munar has been working as a Project Manager at the European Agency for Safety and Health at Work since October 2006. He is currently involved in the Musculoskeletal Disorders OSH overview project and he is the content manager of the forthcoming Healthy Workplaces Campaign 2020-2022 on Musculoskeletal Disorders. Before he managed the OiRA project, a legacy of the European Campaign 2008-09 on Risk Assessment. Before joining the Agency he worked as a researcher at the Université Libre de Bruxelles, where he carried out several studies about stress, OSH and gender issues and OSH prevention in different activity sectors.

Richard Graveling, Institute for Occupational Medicine (IOM), UK

Richard is a professional Chartered Ergonomist working at the Institute of Occupational Medicine (IOM) in Edinburgh, where he has worked for over 40 years. His work on musculoskeletal disorders (MSDs) spans both research and consultancy – the research serving to keep his knowledge up to date and helping to ensure that the advice and guidance he gives to his industrial clients is in line with current best practice and policies on the prevention of MSD risks.

Discussant: Marjolein Douwes, TNO, The Netherlands

Marjolein Douwes is senior scientist and project manager at TNO in the Netherlands. With a background in human movement science, she has a long experience in research and consultancy work on the prevention of work-related musculoskeletal disorders. From 2007 until now she has been project manager of the development of several (risk assessment) methods that were developed in assignment of the Dutch Ministry of Social Affairs and Employment and the dissemination of these tools. For the preparation of the campaign she was project manager of a pre-study in the Netherlands on the exposure to high physical work load and the health effects, and effect interventions to reduce the risks.

Session 2.**10:20-10:50: Working with chronic MSDs: how workplaces can support individuals****Anthony Woolf, Arthritis & Musculoskeletal Alliance, Royal Cornwall Hospital, UK**

Professor Anthony Woolf is Director of the Bone and Joint Research Group, Royal Cornwall Hospital, Truro, UK and Chair, Arthritis and Musculoskeletal Alliance UK. He is a consultant rheumatologist and has held honorary chairs in Rheumatology at the University of Exeter Medical School, Plymouth University Peninsula Schools of Medicine and Dentistry, and visiting Professor in Musculoskeletal Science, Faculty of Medicine, Lund University, Sweden. His work focuses on influencing policy and practice nationally and internationally. He works with WHO, EU and in the UK with NHS England, Public Health England and Department of Work and Pensions to ensure musculoskeletal health is in all policies – health, social and employment. He advised WHO Europe on including musculoskeletal health in the Noncommunicable Disease Action Plan 2016 – 2026 and WHO Geneva on the World Report on Ageing and Health. He is currently working with policy makers and employers in England and Europe, including advising the European Agency for Safety and Health at Work, to reduce the impact that musculoskeletal conditions have on people's ability to work and in an ageing population.

Discussant: Philippe Mairiaux, University of Liege, Belgium

Philippe Mairiaux is honorary professor at the University of Liège after 20 years of research and teaching at the School of Public Health. As an expert in low back pain prevention, he has coordinated within FEDRIS (Federal Agency for occupational risks) the Belgian project for secondary prevention of low back pain. Upon request from the Minister in charge of Health and Social Affairs, he is since November 2016 the chair of the "National College for Social Insurance Medicine" whose missions and tasks are to propose standardised methods for the assessment of work incapacity, and to issue recommendations for common processes when considering professional reintegration within the various sectors of the social security system.

Session 3

- 11:10-11:40 Psychosocial risks and MSDs: what do we know?

Yves Roquelaure, Université of Angers, France



Yves Roquelaure is professor of occupational medicine and health at the University of Angers, and Director of the of the INSERM team “Epidemiology in Occupational Health and Ergonomics” (ESTER, UMR 1085, IRSET). He is senior researcher specialized in ergonomics and epidemiology of work-related musculoskeletal disorders. He has developed a multidimensional approach of MSDs associating basic science, biomechanics, occupational medicine, ergonomics, epidemiology and public health. He conducted several epidemiological studies on musculoskeletal disorders and intervention studies to prevent MSDs and written

more than 300 international or national publications (h-index 29).

Discussant: Malgorzata Milczarek (EU-OSHA)



Malgorzata Milczarek has been working as a Project Manager at the European Agency for Safety and Health at Work since 2006. Her academic background is psychology and before joining EU-OSHA, she worked as a researcher in the Central Institute for Labour Protection - National Research Institute (Poland). She is currently involved in projects on mental health and psychosocial risks at work, prevention of musculoskeletal disorders and supporting OSH compliance.

Session 4

- 11:40-12:40 Panel: MSDs, occupations, sectors and workforce diversity

Presentation 1: Angelica Schneider Graziosi, INAIL, Italy MSDs prevention in agriculture



Angelica Schneider Graziosi has been working since December 1999 at INAIL (Italian National Institute for Insurance against Accidents at Work) as a professional geologist of the Advisory Department for Risks Assessment and Prevention (CONTARP). Currently she deals mainly with technical aspects of INAIL financial subsidies for the improvement of safety and health at work. Her previous working experiences have been in the field of environmental studies.

- Presentation 2: Health care sector and MSDs

Lars L. Andersen, National Research Centre for the Working Environment, Denmark



Lars L. Andersen, MSc, PhD, is Professor at the National Research Centre for the Working Environment in Copenhagen, Denmark. His research on work environment covers 1) epidemiological studies to investigate risk factors for sickness absence and disability pension among healthcare workers and the general working population 2) randomized controlled trials with physical exercise programs and participatory ergonomics to prevent and reduce musculoskeletal pain among healthcare workers and other occupational groups, 3) workplace studies with technical measurement, 4) healthy senior working life, 5) Research to Practice - R2P

- **Presentation 3: MSDs prevention with a gender perspective**



Minke Wersall, SWEA, Sweden

Senior analyst, MSc Physical Ergonomics and Gender in OSH-management. Employed at the unit for EU and international affairs at the Swedish Work Environment Authority (SWEA). At present project manager for Gender, Work Environment and Learning for development of gender mainstreaming.

- **Presentation 4: Avoiding prolonged sitting**



Sarah Copsey, Prevention and Research Unit, EU-OSHA

Sarah has been employed as a project manager for the European Agency for Safety and Health at Work (EU-OSHA) since 1998. Her recent work has been as coordinator of a major project on the ageing workforce and currently as a team member of the large-scale research activity on musculoskeletal disorders. Sarah's academic background is in psychology and ergonomics.

- **12:50-13:00 End of the conference: Presentation 4: Healthy Workplaces Campaign 2020-2022 – Lighten the load**



Heike Klempa (EU-OSHA)

Ms Klempa has a communication and human rights law background and following her studies, she worked at the Human Rights Centre (ETC Graz) and the Karl-Franzens University Graz (Austria). From 2002 to 2009 she was responsible for external relations at the Secretariat of the European Commission against Racism and Intolerance (ECRI) of the Council of Europe. Since June 2009, Ms Klempa has been EU-OSHA's Campaigns manager, whose main task is to coordinate the Agency's Healthy Workplaces Campaigns.