



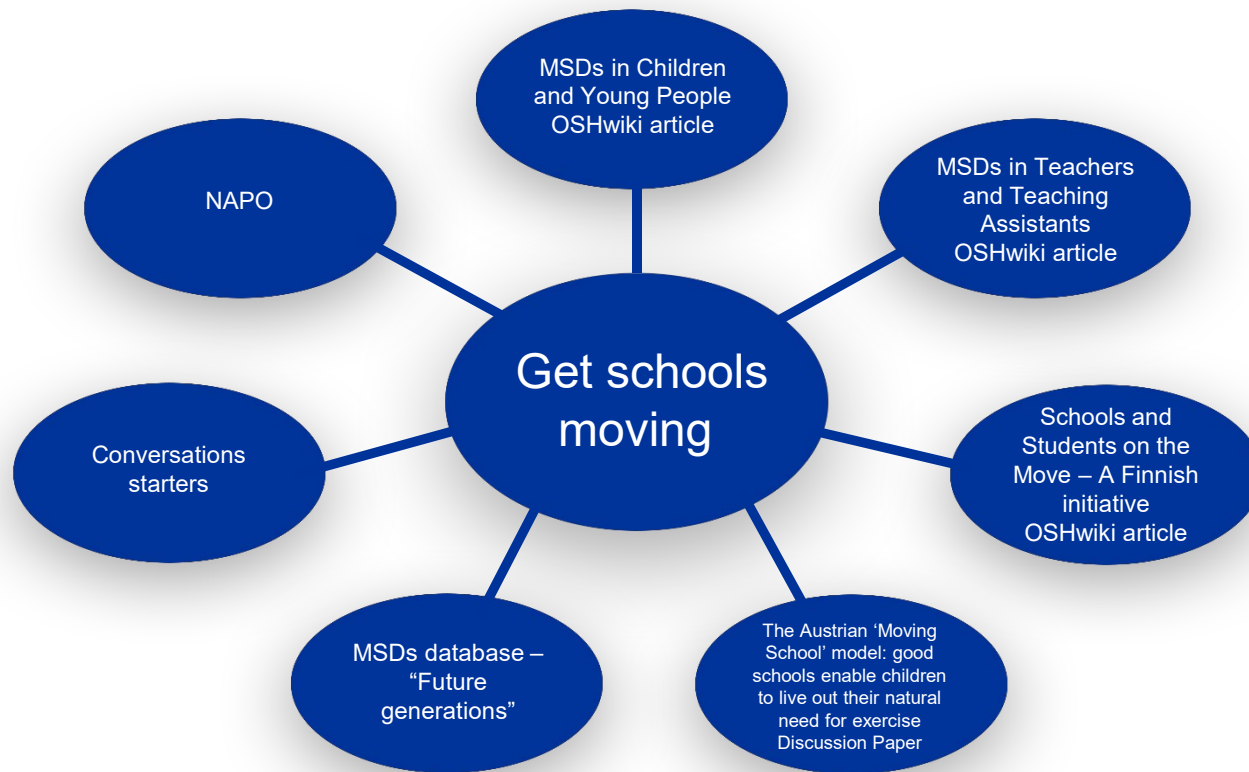
# BETTER SCHOOLS BY PROMOTING MUSCULOSKELETAL HEALTH

3 December

Bring in the harvest from this session for the campaign

Lorenzo Munar

# Get schools moving – Resources



# HWC 2020-22 - Priority area – Future generations

- **One of the key messages of the campaign:**
  - “Promote good musculoskeletal health among the future generation of workers”
- **Social Media Promotion pack**
  - Promotion time: May – August 2022
- **Content promotion pack**
  - PPT, infosheet, OSHwiki articles, Good practice examples, etc.
- **Priority area available (May 2022) at:** <https://healthy-workplaces.eu/>

# Get schools moving

- **Adjustable ergonomic school furniture**
- **Enable children to change posture when sitting**
- **Give pupils opportunities to move while at school**
- **Promote Musculoskeletal health**
- **Involve children in creating an active school**
- **Prevent risks to staff**



# MSDs in Children and Young People

This article gives a holistic, life course approach to tackling MSDs from birth to employment. Interlinking musculoskeletal health development, risk factors and interventions for children and young people at home, in education and community requires an integrated, collaborative approach, focused on a culture of prevention.

Available at:

[https://oshwiki.eu/wiki/Musculoskeletal\\_Disorders\\_in\\_Children\\_and\\_Young\\_People](https://oshwiki.eu/wiki/Musculoskeletal_Disorders_in_Children_and_Young_People)

# The Austrian 'Moving School' model: good schools enable children to live out their natural need for exercise

This discussion paper has been developed to support the promotion of good musculoskeletal health among children and young people (through physical activity) and contribute to increasing the awareness of the importance of moving. Sitting behaviour established in childhood and adolescence is often retained in adulthood. Prolonged sitting time during work often results in musculoskeletal health problems, especially low back pain and neck and shoulder complaints. Numerous adaptations can be made at work to prevent MSDs, but the most effective way is to start early and promote a more physically active lifestyle in childhood.

Available at:

<https://osha.europa.eu/en/publications/austrian-moving-school-model-school-quality-means-enabling-children-live-out-their/view>

# MSDs in Teachers and Teaching Assistants

This article gives a holistic approach to tackling MSDs in teachers and teaching assistants. By identifying risk factors and incorporating health and wellbeing as an integrated, collaborative approach, focused on health promotion and a culture of prevention, improvements can be made to musculoskeletal health which will benefit both staff and students.

Available at:

[https://oshwiki.eu/wiki/Musculoskeletal\\_Disorders\\_in\\_Teachers\\_and\\_Teaching\\_Assistants](https://oshwiki.eu/wiki/Musculoskeletal_Disorders_in_Teachers_and_Teaching_Assistants)

# Schools and Students on the Move – A Finnish initiative

This article presents two programmes implemented in Finland addressing the need to increase physical activity among school-age children.

The Schools on the Move programme has been part of the implementation of the government programme in Finland three times and one of the Government's key projects in knowledge and education between 2015 and 2019.

The aim of the programme is to achieve more active and pleasant school days.

Available at:

[https://oshwiki.eu/wiki/Schools\\_and\\_Students\\_on\\_the\\_Move\\_%E2%80%93\\_A\\_Finnish\\_initiative](https://oshwiki.eu/wiki/Schools_and_Students_on_the_Move_%E2%80%93_A_Finnish_initiative)



# ErgoKita: an example of an ergonomic intervention in the education sector

This case study examines the ErgoKita project, which studied risk factors for musculoskeletal disorders (MSDs) in nursery-school teachers and the effects of an intervention. It started with physiological work measurement, covering awkward postures such as sitting and lifting, and included provision of ergonomic equipment.

Available at:

<https://osha.europa.eu/en/publications/ergokita-example-ergonomic-intervention-education-sector/view>

# MSDs database – “Future generations”

## 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.

Some resources are designed to help in managing MSDs or promoting a good musculoskeletal health among children and young people (including young workers).

MSDs database available at: [https://healthy-workplaces.eu/en/tools-and-publications/practical-tools?f%5B0%5D=field\\_msd\\_priority\\_area%3A3505](https://healthy-workplaces.eu/en/tools-and-publications/practical-tools?f%5B0%5D=field_msd_priority_area%3A3505)

# Conversation starters for workplace discussions about musculoskeletal disorders

The conversation starters can facilitate group discussions in the workplace or during vocational training. The included scenarios are designed for workers involved in tasks that may cause MSDs, and for their managers and supervisors.

The resource also supports the need for prompt and effective communication between a worker and their manager about a musculoskeletal health problem.

## Conversation starter 8: Early education and the school bag

Available at:

<https://osha.europa.eu/en/publications/conversation-starters-workplace-discussions-about-musculoskeletal-disorders/view>

# Napo gets active

- **Napo – Keep moving at work**

<https://www.napofilm.net/en/learning-with-napo/napo-in-the-workplace/keep-moving-work>

- **Napo – Take a break**

<https://www.napofilm.net/en/learning-with-napo/napo-in-the-workplace/take-break>

- **Napo – Understanding MSDs**

<https://www.napofilm.net/en/learning-with-napo/napo-in-the-workplace>

- **Napo for teachers**

<https://www.napofilm.net/en/learning-with-napo/napo-for-teachers>

- **New Napo “schools – moving” planned for mid-2021**

- **Napo image rights and permissions** <https://www.napofilm.net/en/using-napo/rights-and-permissions>



# Thank you

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