



Give musculoskeletal health to schoolchildren and young workers Background information (ahead of the workshop)



European Agency
for Safety and Health
at Work



Safety and health at work is everyone's concern. It's good for you. It's good for business.

Objectives of the Meeting

- **Bring together experts and interested parties from the four perspectives addressed and “cross-pollinate” their knowledge & ideas**
- **Promote networking between the different policy areas involved**
- **Promote EU OSHA and ENETOSH work and activities**
- **Flag up common areas for further work**
- **Support social dialogue in the field**
- **Define criteria and describe measures of how to make MSD prevention in education sustainable**



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The Meetings context

- Organised in the framework of EU OSHA's MSDs OSH Overview project
- Need to start preventing MSDs / promoting a good musculoskeletal health at an early stage (see enclosed PPT – “Setting the problem”)
- Complemented by other research studies (in the framework of the MSDs OSH Overview project) in which the topic will also be addressed
- The outcomes of the meeting will also help to identify information, good practice to be used in the framework of these research studies
- The outcomes of this meeting will be promoted along with all the other outcomes of the MSDs OSH Overview project
- Information and knowledge generated in this meeting - along with the contacts - will be used in the framework of the forthcoming Healthy Workplaces campaign 20/22 on MSDs

The Meeting – Practical information

- Around 70 participants
- The amount of formal presentations will be limited and maximum time to discussions given.
- The networking between delegates is a specific goal to be encouraged.
- Meeting format: group discussions from four perspectives led by experts / facilitators:
 - Ergonomics - policy
 - Body self-perception – communications dimension
 - Mainstreaming - practice
 - MSD and young people - research

Expert-led discussion

- Attendees will participate in expert-led discussions in workshops
- Experts will be supported by EU-OSHA facilitators
- The discussions will cover all perspectives and follow a step wise approach
- Attendees are asked to reflect on the topic from each perspective. In the workshops experts will lead the discussion, funnelling down in specificity towards the preparation of an outcome
- Each group will spend one hour with each expert
- Facilitators will provide brief feedback from the discussions to plenary and use recorded materials to prepare the summary of the event.

Four perspectives on MSD and Youth

1. Mainstreaming OSH into education – with a practical dimension. Led by Diana Policarpo (ACT, Portugal)
2. Ergonomics – with a policy dimension. Led by Gyula Szabó (FEES, Hungary)
3. Musculoskeletal health and young people – with a research dimension. Led by Therese N. Hanvold (STAMI, Norway)
4. Body self-perception – with a communications dimension. Led by Helena Lewis-Smith (UWE, United Kingdom)

Perspective 1 – Discussion questions

Mainstreaming OSH into education – with a practical dimension. Led by Diana Policarpo (ACT, Portugal).

Discussion questions are:

- **What do we mean by mainstreaming (OSH into education)?**
- **Which education level is the most crucial for the prevention of musculoskeletal harm (Kindergarten, primary, secondary, university, vocational)?**
- **How can ergonomics help to support the learning process in schools?**

Following these discussions with the different groups, with the last one a practical mainstreaming intervention to bring together education and ergonomics in an educational establishment will be designed.

Perspective 2 – Discussion questions

Ergonomics – with a policy dimension. Led by Gyula Szabó (FEES, Hungary).

Discussion questions are:

- **What is ergonomics all about?**
- **What is the societal impact of poor musculoskeletal health? (e.g. human and societal costs)**
- **How can ergonomics in public health and occupational health be brought together at a policy level? (A multidisciplinary approach is required. How public health and the OSH sector can come together?)**

Following these discussions with the different groups, with the last one a policy approach / scheme to improve musculoskeletal health of young people AND workers in the OSH sector will be designed.

Perspective 3 – Discussion questions

Musculoskeletal health and young people – with a research dimension. Led by Therese N. Hanvold (STAMI, Norway)

Discussion questions are:

- **What does the research say in terms of risk factors for MSDs in on the impact of exposure of young people?**
- **What do we know of the impact of musculoskeletal health in adolescent on work participation in adulthood?**
- **How can the transition from education to work be managed without putting in jeopardy the musculoskeletal health of young people?**

Following these discussions with the different groups, with the last one the research questions that need to be answered in the future will be identified.

Perspective 4 – Discussion questions

Body self-perception – with a communications dimension. Led by Helena Lewis-Smith (UWE, United Kingdom)

Discussion questions are:

- **What is the issue with the self-perception of the body?**
- **What is the influence of self-perception on young people in particular?**
- **How can we positively influence the self-perception of young people about their body?**

Following these discussions with the different groups, with the last one an approach to influence the body perception of young people, with particular on the musculoskeletal system will be designed.

Expert inputs in plenary

Two experts will give an input in the plenary of the event.

Vera Schellewald (IFA of the DGUV, Germany) will give input on the design of the work environment and organisation to prevent musculoskeletal disorders in childcare professionals.

Ulrike Bollmann (IAG of the DGUV, Germany) will give an overview of some of the dimensions of mainstreaming, particularly relating to how it fits into a life-course approach.

Outcomes of the workshop

Seminar Online Summary

- **PPTs**
- **Summary of the discussions**

Thank You!