

# Measuring Occupational Health Risk Factor At The Workplace

AEB H&S Subcommittee meeting June 1st 2016  
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# Why to measure...

## Prevention instead of curing

Early detection is important

Everybody is affected in a different way by MSDs

MSDs take a long time to develop

Not everyone with the same behavior and environment will develop MSDs

Musculo-skeletal Disorders (MSD's)

- ☐ Take a long time to develop, but are easy to prevent
- ☐ Take a much longer time to heal, but are difficult to cure

# Symptom Progression of MSDs

50% of diagnosed  
Musculoskeletal  
Disorders will  
never heal completely



90% of the early  
reported discomfort  
are solved with timely  
intervention

Unresolved pain or discomfort may  
lead to Musculoskeletal illness

Leads to

Performance  
issues

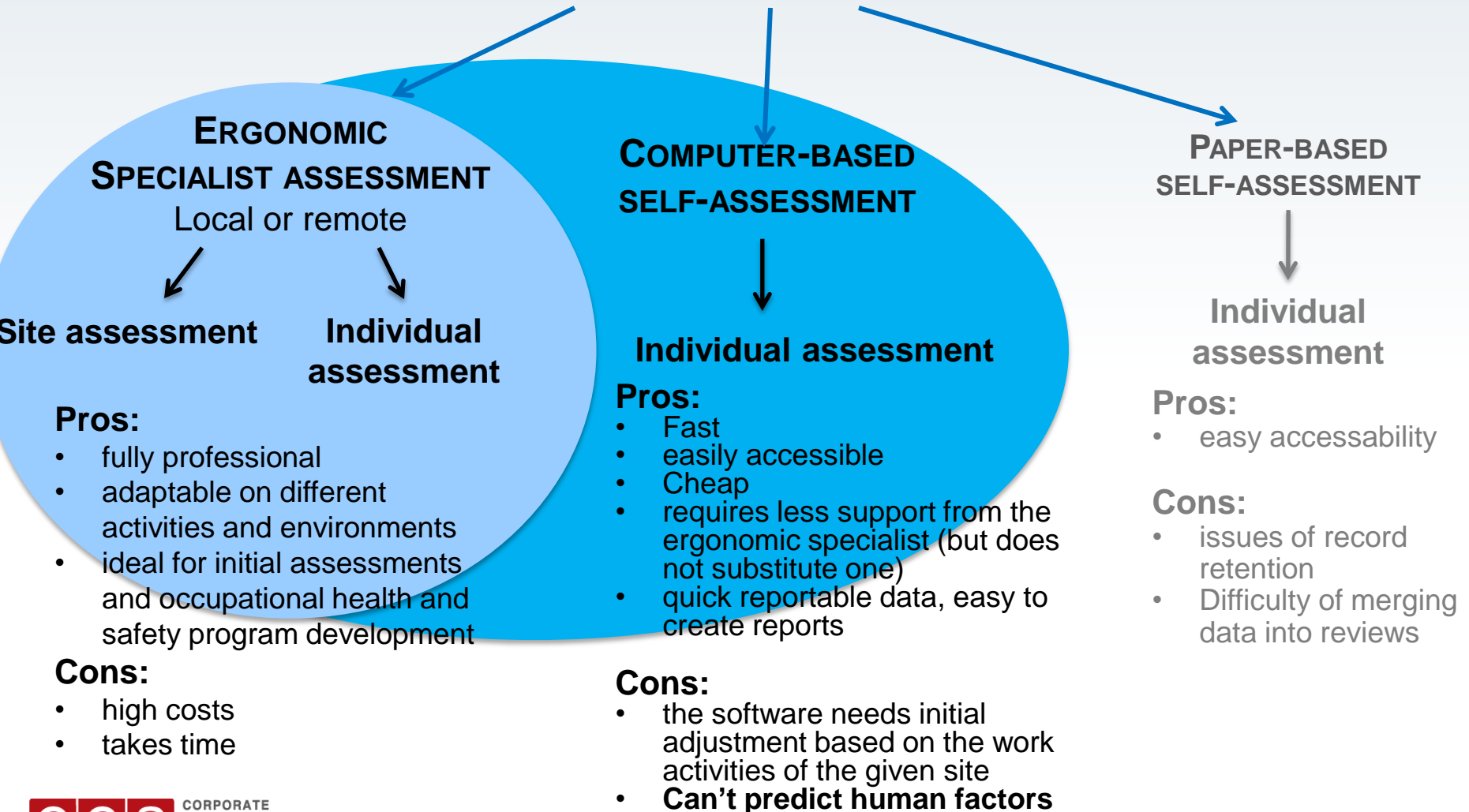
Personal losses

Litigation costs

# How to measure

Focus on: work environment,  
work activities, work behaviour

## ASSESSMENT TOOLS



# Methodology of assessment

**Step 1:** Assessing existing complaints =>Body Map

**Step 2:** Assessing the work activities

**Step 3:** Assessing the work environment

## EVALUATION: 5 CATEGORIES OF RISKS

**Level 1: Very low risks**

**Level 2: Low risks**

**Level 3: Significant risks**

**Level 4: High risks**

**Level 5: Existing MSDs**



**RECOMMENDED  
ACTION STEPS  
BASED ON SEVERITY**

# Step 1: Assessing existing complaints: Body Map

Nome: \_\_\_\_\_ Data: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

DOR

EDEMA

NAD =

NAD<sub>28</sub> =

NAE =

NAE<sub>28</sub> =

Aval D<sub>MD</sub> (0-10) =

Aval D<sub>PAC</sub> (0-10) =

Aval D<sub>V<sub>PAC</sub></sub> (0-100) =

EVA<sub>DOR</sub> (0-10) =

Aval G S<sub>PAC</sub> (0-100) =

DAS =

DAS<sub>28</sub> =

SDAI =

CDAI =

Médico

0 \_\_\_\_\_ 100

Sem atividade \_\_\_\_\_ Atividade máxima

Paciente

0 \_\_\_\_\_ 100

Sem atividade \_\_\_\_\_ Atividade máxima

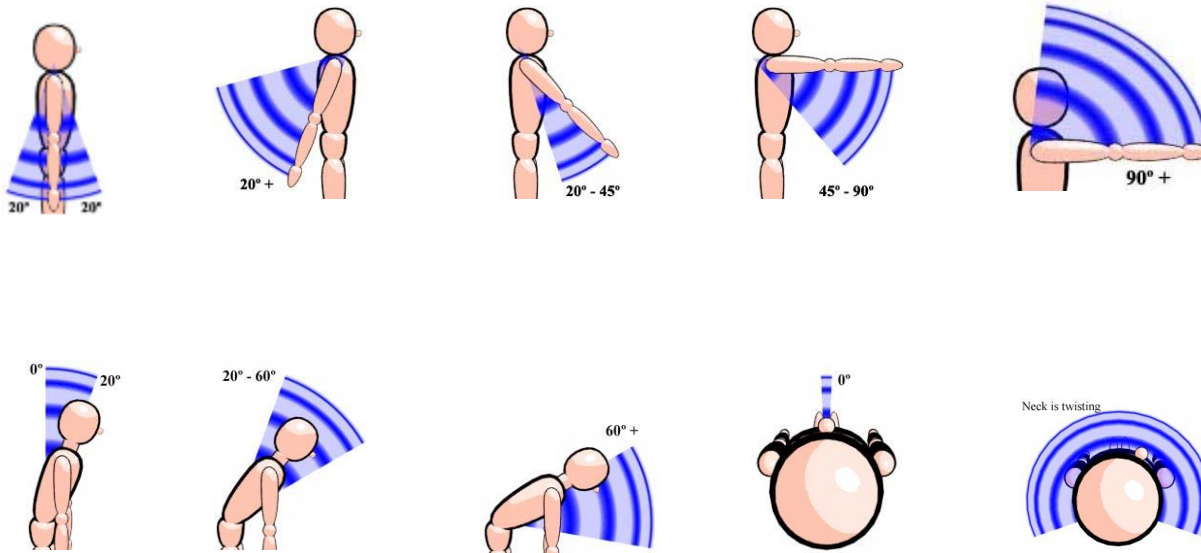
0 \_\_\_\_\_ 100

Sem dor \_\_\_\_\_ Pior dor possível

0 \_\_\_\_\_ 100

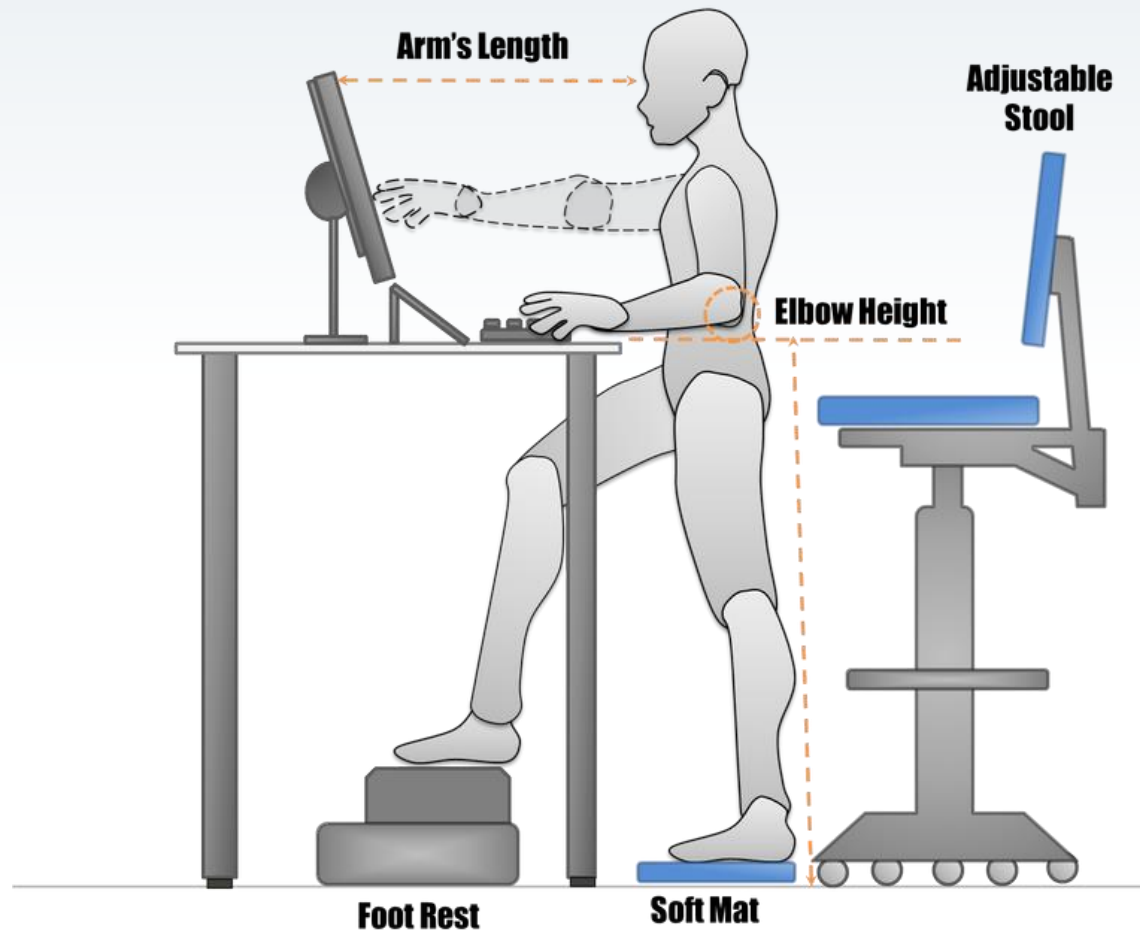
Muito bem \_\_\_\_\_ Muito mal

# Step 2: Assessing the work activities



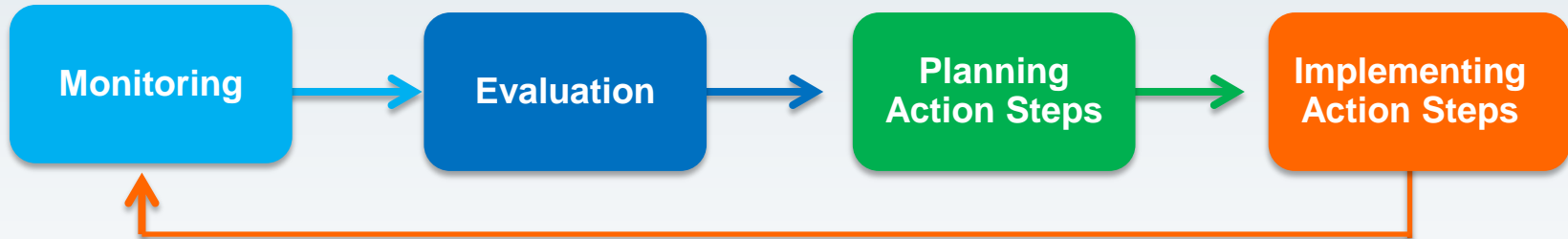


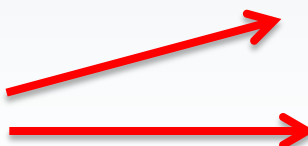
# Step 3: Assessing the work environment





# Company reporting and its benefits



- Shows areas of risks 
  - for work activities
  - for endangered body parts
- Shows changes of work behaviour and tendencies

- Effectivity of interventions 

**COST-EFFECTIVENESS**  
BUT!

Health and quality of life can  
NOT be measured by  
monetary value alone!

# Follow-up Action Steps

## Type of Assessment

### **Site Assessment**

## Possible Action Steps


- ✓ Changes in work environments
- ✓ Changes in work patterns (tasks, time factors, pressure)

### **Individual Assessment**

- ✓ Changes in work behaviour (posture, breaks, etc.)
- ✓ Changes in work environments
- ✓ Changes in work patterns (tasks, time factors, pressure, etc.)
- ✓ Medical assistance

# Advisory function

Based on the risk category indicated by the reports

- Ergonomic **consultancy** to prevent and treat existing issues
  - Ergonomics **education** for all the employees
  - Health **coaching** for those in need
- 
- ```
graph LR; A[Ergonomic consultancy to prevent and treat existing issues] --> B[Site assessment]; A --> C[Individual assessment];
```

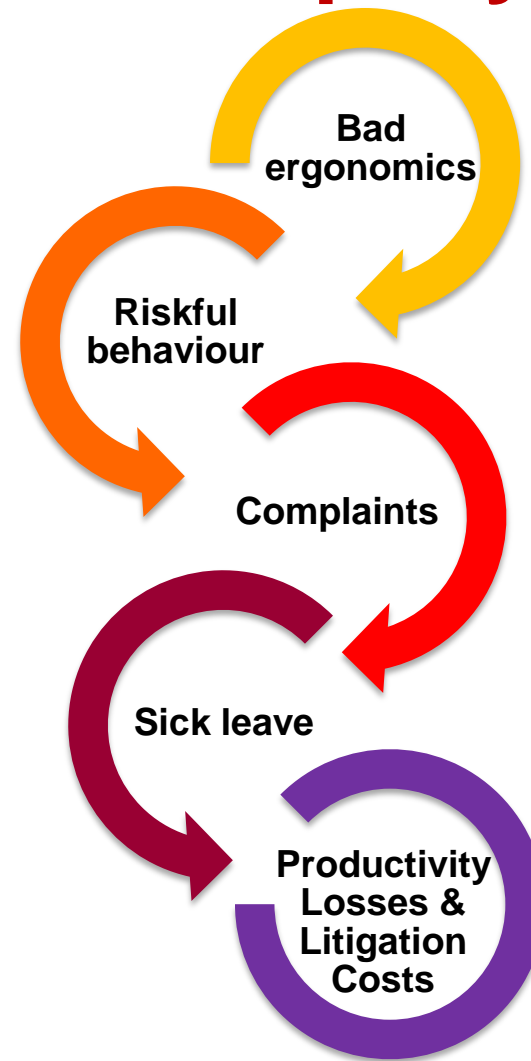
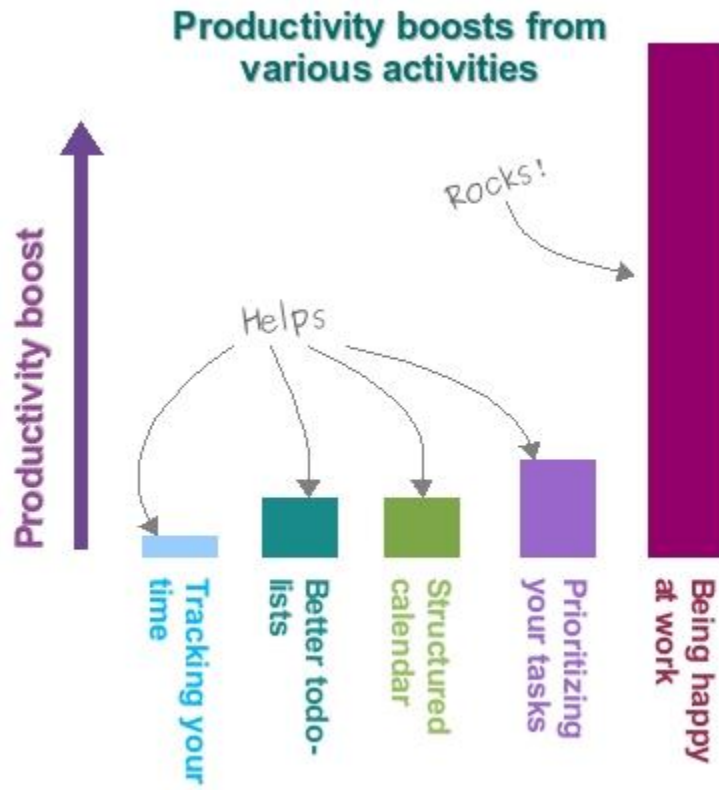
Awareness and Knowledge

Recognition and prompt reporting of signs and symptoms

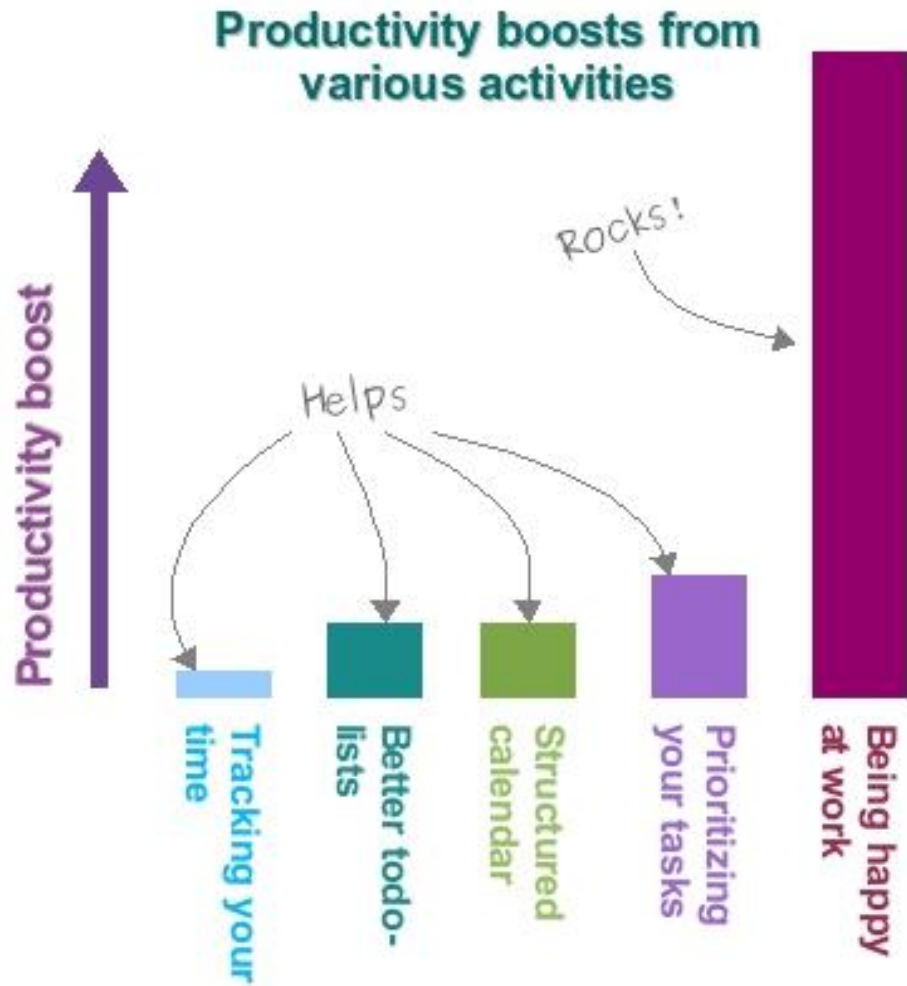
Prevent MSD and reduce and eliminate MSD Risk Factors through workplace improvements

Engage medical resources when needed

# What is the most determining factor of the productivity of a company?



# Closing remarks



Tell a short story about „happiness“



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