

## Shoulder-Café

- 2nd meeting

## Today's programme

Programme:

- Relationship between occupational shoulder exposures and shoulder complaints
- Working environment improvements that can reduce occupational shoulder exposures
- Workplace visits - what and how!

Discussion, debate, and group work. 45 minutes.

## Occupational shoulder exposures

1. Which tasks entail high shoulder exposures in my work?
2. What can I do to reduce my shoulder exposures?
3. What can the workplace do to prevent employees' shoulder complaints?
4. What do I want help with?




## Shoulder complaints and work?

The following exposures are associated with shoulder complaints:

- Work with highly elevated arms
- Repetitive shoulder movements
- Work with forceful shoulder exertions (manual lifting, carrying, pulling, pushing)
- Hand-arm vibrations





## Reduction of shoulder exposures

Overall, we aim to:

- Reduce the shoulder exposures in highly exposed tasks
- Reduce time in highly exposed tasks





## Reduction of shoulder exposures

Attempt to reduce work with highly elevated arms, repetitive shoulder movements, forceful shoulder exertions, and hand-arm vibrations

This often requires changes on several levels:

- Organisational efforts
- Work space optimisation
- Technical aids
- Instruction and training




## Working Environment Act

The employer  
§ 15. The employer shall ensure safe and healthy working conditions.

Local manager (supervisor)  
§ 26. The supervisor shall contribute to ensuring that the working conditions are safe and healthy within the field of activity of which he is supervisor. He shall check the effectiveness of the measures taken to promote health and safety.

Excerpts from the Working Environment Act No. 1072.




## Working Environment Act

Employees  
§ 27. The employees shall participate in the cooperation on health and safety.  
§ 28. The employees shall cooperate to ensure that the working conditions are safe and without risks to health within their field of activity and shall check the effectiveness of measures taken to promote health and safety.

Excerpts from the Working Environment Act No. 1072.

### Evaluation of manual lifting



■ Clearly harmful to health  
■ Risk of health damage - requires overall assessment  
■ Normally not harmful to health

✓ Working positions/-movements  
✓ Possibility of grip  
✓ Space  
✓ Organisation  
✓ Unexpected events  
✓ Technical aids


Source: <https://amid.ox.nl/portal/vle/onderwijs/ta1-408-03-1/>

### Assessment of pulling and pushing

The following elements must be included in the assessment:


- Transport material design (The transport material must match the loads to be transported and the place where transport will take place)
- Maintenance of the transport equipment
- Maintenance condition of the floor
- Space conditions
- Vision
- Unforeseen events
- Weight and stability of equipment and load (Load under 200 kg is rarely a problem under optimal conditions. Load between 200 and 500 kg can be a problem while load of 500 kg or more is a problem)
- Speed and direction changes
- Working method
- Working postures and movements
- Frequency and duration of work

Source: <https://amid.ox.nl/portal/vle/onderwijs/ta1-408-03-1/>



### Repetitive shoulder movements

Work with fast repetitive shoulder movements, which is performed for a large part of the working day



### Prevention of work-related shoulder complaints

Efforts are directed against:

- Workplace design
- Technical aids
- Manual handling
- Work organisation

### Workplace visit!

The goal is to reduce shoulder complaints

In the workplace:

- 1-3 tasks are identified that have high shoulder exposures and are difficult to perform while having shoulder complaints
- Advice on how to reduce the shoulder exposures
- Focus on solutions that are cheap, uncomplicated, feasible with a short time horizon and fit workplace conditions.
- Working environment representative, employer/supervisor, and employee with shoulder complaints are involved

