

Database



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Preface

This database provides an overview of the educational resources available regarding occupational health and musculoskeletal pain. The database is divided into four different sections which individually and in combination are intended to provide an overview of:

- Educational resources
 - Formal university-based postgraduate programs for persons working with occupational health and safety
 - Information on occupational health and safety made available by the industry to their employees
 - Information on occupational health and safety made available by public authorities, trade unions and alike
 - an overview of how the general public finds such information on the internet
- An overview of the scientific literature regarding the use of educational interventions for the prevention or management of musculoskeletal pain in the occupational settings. Particular focus is on scientific studies investigating the use of telemedicine or eHealth solutions for such purposes
- An overview of the tools available for assessing risk at the workplace
- An overview of the legislation relating to occupational health and safety in Europe

Educational and information sources

Healthcare professionals

Various postgraduate programs are available for healthcare professional across Europe. The majority of them do not require a healthcare background. Instead, the university assesses each applicant based on the previous experience with working within occupational health and safety. The table below presents an overview of these educational resources.

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
England	Occupational Health and Safety and Environmental Management	Middlesex University, London,	MSc/PGDip	English	The course focuses on factors affecting health and safety at work, different approaches to occupational health, and examine such hazards as chemical, plant, equipment, electricity, fire, explosive materials and biological. The course likewise focuses on occupational psychology and how the culture, psychology and management of a workplace, and individuals' behaviour, attitudes and motivation can affect health and safety.	Link
	Safety, Health and Environment,	The University of Greenwich	PGDip / MSc	English	The program focuses on the prevention of accidents, ill health and other losses arising from work and work activities. The program consist of course and project modules which cover different aspects of health and safety in the work place such as safety and risk management as well as the management of chemical and physical agents in the work place.	Link
	Specialist Community Public Health Nursing	Brunel University London	MSc/PGDip	English	The program aims on assisting their students in developing specialist practitioner skills making them competent to practise, influence and facilitate change within the community nursing environment. It enables nurses to qualify as community specialist practitioners able to influence and facilitate change within the community environment.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
England	Occupational Safety, Health and Environment	The Manchester Metropolitan University	MSc	English	The program covers legal and compliance issues as well as the various factors that influence workplace safety and health. On the program, students learn how to formulate, implement and evaluate safety, health and environmental management systems, including concepts and techniques of occupational health and safety management. This includes topics such as the principles and practices of risk management in the workplace, environmental protection and management, and the principal diseases of significance to public health. The program consists of course and project modules with a mixture of theoretical and practical sessions. Here, the students develop skills in identifying the evidence base for and analyse concerns for safety at work, such as assessment and control of occupational risks that arise from exposure to hazards at work including noise levels and extreme working environments.	Link
	Science of Occupational Health, Safety and the Environment	University of Birmingham	MSc/Diploma	English	The program covers the science and practice of occupational health, safety and environmental control in the context of a team approach. The education puts students into a position where they can identify, evaluate and provide solutions to a wide range of health, safety and/or environmental problems, and function well in a multi-disciplinary team. The comprehensive syllabus recognises the importance of technical and practical skills as well as the need for good management skills and critical thinking.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
England	Occupational Hygiene	University of Manchester	MSc	English	The program provides students with knowledge necessary to recognise, evaluate and control hazards in the workplace, including chemical, physical and biological agents. This is secured by providing a wide range of interdisciplinary knowledge and skills to work in areas related to occupational hygiene. The program emphasizes the development of critical appraisal skills and the capacity to lead an occupational health team at a senior management level.	Link
	Health & Safety	Leeds Beckett University	MSc or PG Dip	English	The focus in the program lies in helping the students developing knowledge of how different organisations use varying levels of safety procedures and how to assess their impact on the company as a whole. The program consists of course and project modules which such as ergonomics, health and safety practice, risk management and occupational health and wellbeing which will enable graduates to investigate an organisation in its entirety, by gaining a broad knowledge of other departments such as marketing, sales and human resources and how they are affected by the implemented procedures and processes. The program also supports the understanding of technical and human aspects of health and safety, learning to identify whether problems were caused by machine malfunctions or misjudgement by humans.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Wales	Occupational Health (Policy and Practice)	Cardiff University	MSc	English	The program focuses on broadening the understanding of the processes underpinning health protection in the workplace. Students undertaking the program will develop and enhance research in occupational health directly applicable and beneficial to practice.	Link
Germany	Safety and Hazard Defence	Magdeburg-Stendal University of Applied Sciences	MSc	German	The program focuses on the theoretical and technical aspects of safety management and reducing risk in the workplace. The program qualifies students to take on various roles within the fields of safety and hazard prevention. Professional expertise is built in the fields of safety and hazard defence. Graduates possess specific knowledge pertaining to fire, disaster and civil protection, environmental protection, pollution control, cargo protection, explosion protection, safety management, occupational and industrial safety, post-fire investigations and risk analysis.	Link
	International Occupational Safety and Health	Ludwig-Maximilians-Universität (LMU) München	Master	Spanish first academic year and English the second academic year	The program aims at training professionals in the field of Occupational Safety and Health. The program provides an international and interdisciplinary training in global occupational safety and health with focus on project-based learning. This is reflected in the course and project modules which are offered on the program.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Ireland	Occupational Safety and Health	University College Dublin	MSc and Graduate diploma	English	The purpose of this program is to provide graduates to proactively manage prevailing occupational safety and health risks, to design effective solutions and become leaders in embedding a health and safety culture in the working environment, and to use an evidence-base to integrate up-to-date health and safety principles, practice and legal frameworks into professional practice. The programs consists of theoretical and practical sessions which are covered in course and project modules	Link
Scotland	Safety & Risk Management	University of Strathclyde	MSc, Graduate Diploma or Graduate certificate	English	The program focuses on developing highly effective occupational safety and health practitioners which, upon graduation will be are capable of operating across the full spectrum of working environments. The program is set up as a part-time distance-learning program and consists of course and project modules depending on which program is chosen (MSc or diploma). These include corporate risk management, psychology and ergonomic factors in the workplace and assessing hazards, risk and dangers	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Italy	Occupational Safety and Health	Turin School of Development	Master	English	The program focuses on the prevention of work-related illness and stress and to understanding how motivation can impact on health, the work is varied and constantly developing. The program has an international focus as it attracts students from around the world both from developed and developing countries. This programme involves participants from both developing and developed countries, who will thus have an opportunity to share their different experiences. Furthermore, it also offers a range of learning situations in which participants can enhance their analytical and problem solving skills. This course has a strong emphasis on practical skills, and emphasizes cross-disciplinary work in both course and project modules.	Link
Cyprus	Occupational Safety and Health	The European University in Cyprus	MSc	English	This program covers the management, economic, legal and technical aspects that relate to the hazards of the workplace environment. As such the program consist of course and project modules specifically targeting factors such as safety and health management, risk assessment in the work place.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Sweden	Technology, Work and Health	KTH Royal Institute of Technology	MSc	English	<p>The program focuses on the interplay between human, technology and organisation, from the perspectives of sustainable work and organisational performance. The program supports students in gaining proficiency in proactive occupational safety and health (OSH) management, as well as in how to plan, design and analyse work environments. The program consist of a mixture of advanced theoretical and applied knowledge of physical, cognitive and organisational ergonomics. This is applicable for work with the development of organisations and processes, with a focus on improvements of work and ergonomic interventions for a sustainable working life.</p>	Link
Spain	Occupational Health and Safety	University of Valencia	MSc	Spanish	<p>The focus of this program is enable graduates to work as Senior Technicians in Occupational Health and Safety and to develop the necessary functions for the prevention of occupational risks in the three specialisations marked by the regulations:</p> <ul style="list-style-type: none"> - Occupational Safety - Industrial Hygiene - Ergonomics and Applied Psycho-Sociology <p>The program is comprised of course and project modules as well as an external internship.</p>	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Health and Safety at Work	European graduate Institute	Master	Spanish	The program focuses on the increasing demands there are on identifying and analyzing the legal requirements on Health and Safety at Work, quality and environment to which companies are subject. Likewise, it qualifies graduates in providing training to technicians in the different specialties and preventive disciplines of Safety at Work, Hygiene Industrial, Occupational Medicine and Ergonomics and Psychosociology.	Link
	Occupational Risk Prevention (PRL)	IMF Business School	Master	Spanish	The program consists of course and project modules aimed at improving the graduates' proficiency in occupational risk assessment and prevention. This is supported by modules focusing on the legal aspects of occupational health, ergonomics and applied psychology.	Link
	Occupational risk prevention and common risks	University of Coruña	Master	Spanish	The program aims at providing students with tools that enable them to develop, coordinate and control preventive action plans in companies. Moreover, the program focuses on the development of skills relating to technical activities for preventative measures in the company such as promotion of prevention, risk assessments, definition of corrective measures, establishment of control measures and direction and supervision of the activities of technicians with basic or intermediate functions. Lastly, the program focuses on the development of training and information activities for workers for preventative purposes. To reach its aims, the program consists of both course and project modules.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Occupational Hazard Prevention	University of Las Palmas de Gran Canaria	Master	Spanish	This master degree in Occupational Hazard Prevention involves a specialized postgraduate university qualification with a professional focus. Graduates become specialists in improving working conditions on both physical and psychological level for workers and organizations in general.	Link
	Occupational risk prevention	University of Francisco de Vitoria	Master	Spanish	The objectives of this program are to acquire and to develop the methodologies necessary for the detection, evaluation of prevention and control of safety risks in the workplace, industrial hygiene and ergonomics and psychology. Students learn to define, develop, implement and audit management systems for prevention of occupational-related problems in the organization. Students obtain professional complementary experience in developing top technician in the services of prevention of the company.	Link
	Occupational risk prevention	Fundación Universitaria Iberoamericana	Master	English	The specific objectives of this program are to train students in implementing safety and health policies that facilitates the prevention of work-related accidents and occupational illnesses. This is done by providing students with tools that enable them to enter functions requiring skills in the risk assessment and prevention of occupational hazards of any kind. This includes both physical (ergonomic) factors in the workplace as well as the psychological factors and human resources. To reach these aims, the program consists of both course and project modules.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Master Universitario en Seguridad y Salud en el Trabajo	University of Basque country	Master	Spanish	This Master program offers multidisciplinary qualifications within the areas of occupational legislation, psychosocial, organizational and technically in PRL, as well as basic knowledge of occupational medicine. This helps technical personnel diagnosing and preventing the risk of accidents in the workplace. Likewise, graduates will be able to promote health in the workplace and develop plans for such purposes.	Link
	Máster universitario en Prevención de Riesgos Laborales	University of Rovira i Virgili	Master	Catalonian Spanish	With the university Master in Prevention of Labor Risks, the necessary knowledge is acquired to assume the responsibilities and functions of top level described in the article 37 of the Regulation of the Services of Prevention as for prevention of labor risks. Provided that it includes the accomplishment of three specialties (safety, hygiene and ergonomics and psychology applied to the prevention), the program offers an of integration vision of these specialties and of the rest of topics treated in the master.	Link
	Experto Universitario en Seguridad en el Trabajo, Higiene Industrial y Ergonomía y Psicología Aplicada	University of Malaga	Master	Spanish	To accredit the pupils as Technical Superiors in the preventive specialties of Security in the Work, Industrial Hygiene and Ergonomics and practical Psychosociology. This course is consists of modules within different specialties for obtaining a degree of Top Technician in Prevention of occupational risks.	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Máster Universitario en Prevención de Riesgos Laborales	University of La Laguna	Master	Spanish	This master's program focuses on integrating generic and specific competencies in preventing occupational hazards. Graduates will have a skill set which enables them to work with in a broad, multidisciplinary contexts related to occupational pain. The program consists of course and project modules, which support the students in obtaining these goals.	Link
	Máster Universitario en Prevención de Riesgos Laborales	University of Jaen	Master	Spanish	This program prepares students to identify and evaluate the risks and injuries in the workplace and to manage the resources necessary for the development of plans and programs for implementing in the occupational setting. This program uses problem-based learning, allowing students to acquire the precise competences to they need for becoming a valuable asset with regards to occupational health and safety	Link
	Máster Universitario en Salud Laboral. Prevención de Riesgos Laborales	University of Illes Balears	Master	Spanish	The general competencies acquired through this Master's program enable graduates to carry out occupational risk assessments, prevention plans and emergency plans; to propose measures to control such risks; to provide prevention training at any of its levels within the specialty that the graduate accredits; to plan the preventive activities that must be developed in order to control or reduce existing risks and, in general, for all the professional competences	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Master Oficial en Prevención de Riesgos Laborales	University of Huelva	Master	Spanish	<p>This program has the overall aim of qualifying graduates for to take on functions within occupational health and safety. This includes:</p> <ul style="list-style-type: none"> - Identifying relationships between working conditions and risks - Learning techniques for preventing occupational hazards - Learning techniques for communication and training other employees - Legislation relating to occupational health and safety <p>This is supported by the construction of the program which consists of both course and project modules</p>	Link
	Master Universitario en Seguridad y Salud Laboral	University of Extremadura	Master	Spanish	<p>The overall aim of this program is to provide graduates with a skill set enabling them to work of a senior technicians in occupational risk prevention. To achieve these aims, the program consists of five core components:</p> <ul style="list-style-type: none"> - Methodological Training - Safety at Work - Industrial hygiene - Ergonomics and Psychosociology - Final project 	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Máster Universitario en Prevención de Riesgos Laborales	University of Almería	Master	Spanish	<p>The program has two overall aims:</p> <ul style="list-style-type: none"> - To provide professional training to students, enabling them to take on responsibilities within occupational health and safety - Provide students with research competencies to support them in identifying new methods and/or strategies for the prevention of occupational hazards. <p>For this reason, a considerable amount of teaching hours are allocated to research methodology but also on elements that have a direct practical implication.</p>	Link
	Máster Universitario en Prevención de Riesgos Laborales	University Miguel Hernández	Master	Spanish	<p>The overall aim of the program is to provide students with competencies with the prevention and risk management in occupational settings. As such the program focuses on elements such as:</p> <ul style="list-style-type: none"> - Occupational safety - Industrial hygiene - Ergonomics - Applied psychosociology 	Link
	Master Oficial en Valoración Médica de la Incapacidad Laboral, Daño Corporal y Medicina del Seguro	University Miguel Hernández	Master	Spanish	<p>This program focuses on occupational disability, injuries and functional diagnoses. As such, the program seeks to qualify students in both theoretical and practical skills within:</p> <ul style="list-style-type: none"> - Evidence based evaluation of occupational-related disability and injuries - The interaction between poor health and work. <p>The program consists of both course and project modules</p>	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Máster Universitario en Seguridad, Salud en el Trabajo y Prevención de Riesgos Laborales	University Camilo José Cela	Master	Spanish	This program focuses on the prevention of occupational risks by focusing on: <ul style="list-style-type: none"> - Industrial hygiene - Safety at work - Ergonomics and applied psychosociology 	Link
	Máster Universitario en Prevención de Riesgos Laborales	UNIR La Universidad en Internet	Master	Spanish	The program is designed as an online study and has a practical and multidisciplinary approach. The program consists of course modules, an internship as well as a final project	Link
	Máster Universitario en Prevención de Riesgos Laborales	Public University of Navarra	Master	Spanish	The program focuses on occupational risks and how to prevent these. This is done by: <ul style="list-style-type: none"> - Mapping out and planning the risks at hand - Implementing measures to reduce occupational risks and measuring the effect <p>To enable this, the program consists of a series of course modules and a project module at the end</p>	Link
	Máster Universitario en Prevención de Riesgos Laborales	Polytechnic University of Valencia	Master	Spanish	The program has focus on occupational risk prevention, both physical, chemical and psychological. To accommodate this, the program consists of course and project modules that focus on different aspects of occupational health and risk prevention	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Máster universitario en Seguridad y Salud en el Trabajo: Prevención de Riesgos Laborales	Polytechnic University of Catalonia	Master	Spanish	The program focuses on occupational risk assessment and management. By doing so, the focus is broad covering physical and psychological aspects in addition to industrial hygiene. The program consists of both course and project modules within these topics	Link
	Máster Interuniversitario en Prevención de Riesgos Laborales	Polytechnic University of Cartagena	Master	Spanish	The aim of the program is to train students in the prevention of occupational risks, occupational safety industrial hygiene and promoting physical and psychological health in the workplace. The aims are supported with a range of course and project modules	Link
	Máster universitario de Prevención de riesgos laborales	Open University of Catalonia	Master	Spanish Catalanian	The program aims at qualifying students to work within occupational risk management. The program has a significant practical component to it, focusing on real-life occupational risks, facilitating the integration of theory and practice.	Link
	Máster Universitario de Prevención de Riesgos Laborales: Seguridad en el Trabajo, Higiene Industrial y Ergonomía y Psicología Aplicada	National University of Distance Education	Master	Spanish	<p>The program focuses on occupational risk prevention and is focused around three main themes:</p> <ul style="list-style-type: none"> - Work Safety - Ergonomics and applied Psychology - Industrial Hygiene <p>The program consists of course and project modules</p>	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Spain	Máster Propio en Salud Ocupacional.	Institut Universitari d'Investigació de Polítiques de Benestar Social "Polibenestar"	PG	Spanish	The program aims to provide students with knowledge within how to analyse the work environment, including individual job functions. The program has a broad scope, focusing on both physical and psychological factors in the workplace as well as industrial hygiene. The program consists of both course and project modules	Link
	Máster oficial en Prevención de riesgos laborales	ICA Formación	Master	Spanish	<p>The program is centered around three main topics within occupational health and safety:</p> <ul style="list-style-type: none"> - Safety at work - Industrial hygiene - Ergonomics and applied psychology <p>Students are presented to a broad range of factors that can impact health and safety in the workplace. Knowledge is acquired through course and project modules</p>	Link
	Occupational Risk Prevention	UNIR La Universidad en internet	Master	English Spanish	The program consists of modules focusing on occupational risks and hazards and the prevention thereof. This is done through course and project modules. The overall objective is to qualify graduates to work within the coordination, implementation and evaluation of quality management systems, environment, safety and health at work and CSR. Likewise, graduates will be qualified to serve as superior technical PRL within their speciality	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Holland	Occupational Health Psychology	University of Leiden	MSc	English	The overall aim of the program is to equip students with advanced training in research methods and professional skills, preparing them for a career involving psychological research as well as for the application of scientific knowledge and methods in various professional settings. This is achieved by offering a program consisting of course modules, internship and a project module.	Link
	Work, Health and Career	Maastricht University	MSc	English	The programme provides students with a multidisciplinary and practical training theoretical and practical aspects of occupational health and safety. As such, the program covers topics such as occupational healthcare, organisational science, health education and health promotion in the workplace.	Link
France	Médecine et santé au travail	University of Rennes	DES	French	This program is only for medical doctors, There is no formal teaching but instead the program consist of a 3-year internship	Link
	Attestation d'Etudes Universitaires (AEU) Médecine du travail dans la fonction publique	University of Claude Bernard	AEU	French	The theoretical and practical training of the program trains medical doctors within the field of occupational medicine. It includes the necessary elements for future occupational physicians	Link
	Internat Medecine du travail	University of Poitiers	DES	French	This program is only for medical doctors, There is no formal teaching but instead the program consist of a 3-year internship	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Belgium	Master de spécialisation en médecine du travail	University of Louvain	Master	French	Two day per week, a mix between theory and practice during 2 years. For medics only	Link
	Master de spécialisation en médecine du travail	University of Bruxelles	Master	French	The theoretical and practical training in this program is to train medical doctors within the field of occupational medicine. It includes the necessary elements for future occupational physicians	Link
Romania	The risk assessor for safety and health at work	Avangarde Business Academy	post-graduate degree	Romanian	<p>The program is aimed at those who want to pursue a career within occupational health and safety. The program focuses on key elements such as:</p> <ul style="list-style-type: none"> - Legislative framework - Risk evaluation - Prevention and protection of identified risks - Managing health and safety at work - Risk management <p>The program consists of course and project modules to meet its aims</p>	Link
	The assessor risk to safety and health at work	Intratest Bucuresti	post-graduate degree	Romanian	<p>The general objectives of the program is to provide students with a skill set within:</p> <ul style="list-style-type: none"> - The European legislative framework within occupational safety and health - Methods for assessing occupational risks - Measures for prevention of occupational risks - Management of safety and health at work - Risk Management 	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Romania	The assessor risk to safety and health at work	University Tehnica „Gheorghe Asachi” from Iasi.	post-graduate degree	Romanian	The program aims to qualify graduates in assessing risk and safety in the workplace	Link
	The risk assessor and auditor in the field of safety and health at work	University “Lucian Blaga” from Sibiu	MBA	Romanian	<p>The objectives of the program are to train the students to become specialists within the field of safety and health at work; enabling them to carry out the risk analyses and integrating preventative measures against occupational hazards in the workplace. As such, the program has the specific objectives to help graduates:</p> <ul style="list-style-type: none"> - Identify occupational risks prevention requirements by performing organizational analyzes - Analyzing risks in organizational management and identifying hazardous situations - Follow-up of the prevention and protection plan - Elaborating the prevention and protection plan and substantiating the adopted solutions - Audit evaluation of the results of the actions of the prevention and protection plan 	Link

Country	Name of program	Name of educational provider	Degree	Language	Brief description	Link to website
Romania	The risk assessor for security	University from Petrosani	post-graduate degree	Romanian	<p>The Purpose of the program is the training of specialists with higher education in assessing risks, safety and health in the workplace. The aim of the program is to qualify in the :</p> <ul style="list-style-type: none"> - identification of a systematic approach to the risks of accidents and illnesses - the risk assessment of the in the workplace - the prevention of occupational accidents and diseases - the assessment of compliance with the legislation within the occupational health and safety - the ranking of occupational risks and planning at management level 	Link
Portugal	Psychology of the Occupational Health	Instituto Piaget	post-graduate degree	Portuguese	<p>The objective of this program is to improve the participants' scientific and technical knowledge within the areas of occupational health. Graduates will be have specialist competencies within the promotion of psychological well-being in the workplace as focus is on psychosocial risks in the workplace, stress-related problems, management of emotional factors, relationship, adaptability and promotion of the individual and organizational health.</p>	Link

The industry

Below are examples of the kind of information provided by to employees by their employers. These initiatives are made both because they are required by law (see section on occupational pain legislation) and because each of the occupational health and safety boards consider it is important to prevent accidents and support wellbeing in the working environment. In both of the examples, specific initiatives have been made (beyond what is required by the law) to further support a healthy work environment.

Department of Health Science and Technology, Aalborg University

Short description An academic department under the Faculty of Health Science at Aalborg University. The department employs 280 staff: 230 scientific/or academic staff and 50 support staff (or 200 full-time equivalents: 160 scientific/academic and 40 support staff)

Written material for staff regarding occupational health and safety

- General information regarding health and safety in the workplace ([Link](#))
- Stress management ([Link](#))
- Harassment or bullying in the workplace ([Link](#))
- Emergency and first aid guidelines ([Link](#))

Organization occupational health and safety

Occupational health and safety is monitored and maintained by the Working Environment Committee. The committee consists of 10 representatives; Five members are elected by other staff to represent them whereas 5 members are appointed by the management. The committee then has one representative in the central working environment committee which represents the whole university. In addition, the university has 5 employees in full-time positions working as specialist consultants within different aspects of health and safety in the workplace e.g. ergonomics, chemical environment, physical environment and legislation. See link [here](#).

The committee meets once a month outside holiday seasons and deals with matters such as:

- Results from surveys amongst staff on job satisfaction and work environment including physical and psychological wellbeing
 - Develops action plans in case it observes deviations from the requirements or receives complaints from staff regarding the physical and/or psychological environment.
- Outside these meetings, staff or students can and are required to report any accidental events concerning physical or psychological health to one of the representatives.

Additionally, Inspection rounds in the office space and laboratory facilities to ensure

- safety in the laboratories
- adequate ergonomic environment
- That evacuation routes are clear in case of an emergency
- That information regarding action plans in case of an emergency are available in the office space and laboratory facilities

Preventative measures and risk assessment

There are specific instructions in each laboratory for what to do in the labs in case of an emergency. This includes:

- Specific address for the lab
- Nearest evacuation route
- Instructions for fire and emergency staff

The working safety committee does lab rounds annually and uses a checklist in their inspection (see under “additional information”). These checklists are intended to be guidance for the staff in the labs

Risk assessment varies within different groups at the department. The group within biomedicine has an extensive handbook for all their staff. This includes a checklist they have to fill out every time a new process / experiment

is set up. Here, the staff member(s) need to identify and write down the potential hazards (for access to the handbook, see [link](#))

Additional information **Checklist for laboratory facilities, Department of Health Science and Technology, Aalborg University**

Checklist for wetlabs:

- Access to fire blanket (fire blanket not required)
- Evacuation routes are clear (Door can be opened completely, no blocked windows)
- Fire extinguisher on each floor
- Labeling (Signs on door if there are gas bottles, laser, poison, and other markings).
- Information next to the door referring to the nearest fire escape route for ambulance / fire truck.
- Information regarding the lab-responsible person
- Suitable waste bins
- Eyewash
- Access to an emergency shower on the same floor
- A waste bucket for used needles
- Gloves
- No overfilled fume cupboards
- Pressure bottles are correctly secured
- Earthing connections on all electronic devices

- Guides (or lab responsible contact information) on/ besides on any special equipment
- The lab is clean and tidy
- No food or beverages

Checklist for other laboratories:

- Access to fire blanket (fire blanket not required)
- Evacuation routes are clear (Door can be opened completely, no blocked windows)
- Fire extinguisher on each floor
- Labeling (Signs on door if there are gas bottles, laser, poison, and other markings).
- Information next to the door referring to the nearest fire escape route for ambulance / fire truck.
- Information regarding the lab-responsible person
- A waste bucket for used needles where it is relevant
- Gloves
- Pressure bottles are correctly secured where relevant
- General electrical safety, insulation transformer, where relevant (applies for labs where measurements on humans are performed)
- Proper grounding of all equipment
- Guides (or lab responsible contact information) on/ besides on any special equipment
- Safety equipment for participants in studies e.g. harnesses on treadmills
- The lab is clean and tidy
- No food or beverages

Siemens A/S

Short description Approximately 1000 employees equally distributed between workers conducting office work and service/technical staff

Written material for staff regarding occupational health and safety

- For reporting accidents in the work place, all staff have an application on their mobile phone: [Quentic](#). The software opens up quickly and allows the employee to record the scene of the accident and report electronically to their superior.
- Information regarding health and safety in the workplace is made available via a link to the homepage of the [The Danish Working Environment Authority](#).
- A health insurance, through the pension fund [PFA](#), secures that the staff have quick access to healthcare professionals (e.g. doctors and physiotherapists)

Organization occupational health and safety

- Three persons work full-time on Quality Environmental Health and Safety (QEHS) in addition to 1-2 persons in each department (5 departments in total). Around 40 employees spread over the company are involved in occupational health and safety to ensure that the initiatives are as relevant as possible.
- The central committee, consisting of representatives from the management and from each department me-

ets annually to discuss overall strategies for health and safety in at the local branch. The committee likewise discusses the results from the survey conducted amongst the staff every three years relating to physical and psychological well-being in the workplace. The committees in each department meet twice a year as well as if there is an urgent need e.g. in case of an accident

- The committee(s) focus on the absence from work related to occurrences at work to modify and improve the prevention of accidents

Preventative measures and risk assessment

Risk assessment is in constant development within the company as there many of their staff work outside the physical parameters of the headquarters (e.g. technical staff). They are then exposed to risks related to e.g. driving out to their customers. In that regards, Siemens has focused on domestic strategies implemented by the [Danish council for safe traffic](#)

Siemens has a global initiative: Healthy @ Siemens which aims to align the company's health activities with the requirements of the modern day working environments. The initiative is based on a planned process and provides countries with suitable instruments to implement local requirements in health management.

The general public – information and search strategies

Information

This section provides the information that is made publicly available, free of charge by the European Union, various public authorities and trade unions. At the end of the section, we present a brief overview of how the general public searches for and uses online resources to find information related to occupational health.

Country	Source	Information available	Language	Link
EU common	European Agency for Safety and Health at Work	Guides and fact sheets related to work-related pain. Some fact sheets are available in various European languages.	Various EU-languages	Link
	European Agency for Safety and Health at Work	Guides and fact sheets related to work-related pain. Some fact sheets are available in various European languages.	Various EU-languages	Link
	World Health Organization	Prevention of musculoskeletal disorders in the workplace. Information on risk factors and preventive measures for employers, delegates and trainers in occupational health. Basic rules for preventive action	Various EU-languages	Link

Country	Source	Information available	Language	Link
Austria	Portal der Arbeiterkammern	<p>General information about rules and standards that should apply in the workplace with reference to the legislation.</p> <p>These cover e.g.:</p> <ul style="list-style-type: none"> - Work environment - Working in hot and cold conditions - Working with chemical agents - Lighting in the workplace - Personal protective equipment - Sanitary and social facilities 	Austrian	Link
Denmark	Branchefællesskabet for Arbejdsmiljø for velfærd og offentlig administration	<p>General information regarding:</p> <ul style="list-style-type: none"> - Psychological work environment - Physical health in the workplace - Noise, lighting and climate - Points for managing directors - Design and development of the workplace - Legal aspects at the workplace - Specific information aimed at different occupations <p>For musculoskeletal pain, there are both brochures and videos focusing on ergonomics, exercises and measures to prevent pain in the workplace</p>	Danish	Link
	The Danish Union of Public Employees (FOA)	<p>General information regarding the work environment including:</p> <ul style="list-style-type: none"> - Ergonomics - Pain in the workplace - Prevention of injury - Reporting an injury - Work place assessment 	Danish	Link

Country	Source	Information available	Language	Link
Denmark	The Danish Working Environment Authority	<p>General information regarding the working environment including a large focus on musculoskeletal pain including:</p> <ul style="list-style-type: none"> - Rules and regulations regarding musculoskeletal pain in the workplace - Pain in the workplace and how to prevent it - Help to self-help - Ergonomic advice - Taking a sick leave 	Danish	Link
	Videncenter for Arbejdsmiljø	<p>General information regarding health and safety in the workplace. Specific section on musculoskeletal pain with suggestions regarding:</p> <ul style="list-style-type: none"> - Prevention of pain in the workplace - What to do when you are in pain - Relationship between psychological problems and pain 	Danish	Link
	Health and Medicines Authorities in Denmark	Information for employees with pain in the body	Danish	Link
	Danske Anlægsgartnere	Fact sheets and advice for work-related pain	Danish	Link
	Arbejdsmiljørådet	Report on implementation of changes related to health on the workplace	Danish	Link

Country	Source	Information available	Language	Link
Denmark	Branchefællesskabet for arbejdsmiljø for service og tjenesteydelser	Ergonomic advice for various work groups in the service sector (biomedical)	Danish	Link
	Branchefællesskabet for arbejdsmiljø i industrien	Advice on how to handle pain for workers in the industry	Danish	Link
	Branchefællesskabet for Arbejdsmiljø (BFA)	Ergonomic advice for employees in the financial sector	Danish	Link
	Vidensråd for forebyggelse	Report: Prevention of injuries and diseases in muscles and joints (including a chapter on Work-related pain).	Danish	Link
France	Université angers - Institut de veille sanitaire	Give extended information about upper limb musculoskeletal issues and indicators.	French	Link
	Ministère du travail	Page treating about different levels of affectation, risk factors, prevention and health laws for employer	French	Link

Country	Source	Information available	Language	Link
France	Institute National de recherche et de sécurité	Document about musculoskeletal disorders, why they appear, how to react and prevent them. It also comment some popular belief	French	Link
Germany	Krankheitserfahrungen	Information on chronic pain and related problems based on interviews with patients	German	Link
	Betanet	Advice for people with work-related pain	German	Link
Iceland	Administration of Occupational Safety and Health	Information regarding the promotion of health in the work place. Broch	Icelandic	Link
Italy	Istituto Nazionale per l'Assicurazione contro gli Infortuni sul Lavoro e le malattie professionali (INAIL) National Institute for Insurance against Accidents at Work and Occupational Diseases (INAIL) www.inail.it	I disturbi muscoloscheletrici lavorativi Musculoskeletal work disorders	Italian	Link

Country	Source	Information available	Language	Link
Italy	Fondazione Ergo Ergo Scientific Fundation	Le malattie professionali: una breve analisi economica Professional diseases:a brief economic analysis	Italian	Link
	Ministero del Lavoro e delle Politiche Sociali Ministry of Labor and Social Policies	Home / Temi e priorità / Salute e sicurezza / Focus on / Malattie professionali Home / Themes and priorities / Health and safety / Focus on / Occupational diseases	Italian	Link
	Ministero della Salute Ministry of Health	Home > Temi e professioni > Ambiente e salute > Salute e sicurezza sul lavoro Home> Themes and professions> Environment and health> Health and safety at work	Italian	Link
Portugal	Inspeção-Geral das Atividades em Saúde	Manual of safety and health in the work This Directing one schematizes the general beginnings of prevention in the following way: Elimination of the risk; Evaluation of the risk; Planning of the prevention (This planning should integrate factors technical, organizational, materials, environmental and social); Control of the prevention risk / measures; Communication of the risk.	Portuguese	Link
	Departamento de Segurança e Saúde no Trabalho.	Prevention of the lesions musculoskeletal related with the work. If the exhibition to the risk factors if it maintains, the symptoms, that initially are intermittent, they become gradually persistent, being prolonged a lot of times at night, doing stay in the rest periods and interfering not only with the work capacity, but also, with the actividades of the day by day.	Portuguese	Link

Country	Source	Information available	Language	Link
Spain	Instituto Sindical de Trabajo, Medio Ambiente y Salud	<p>Workplace Risk Prevention tools for SMEs Health Damage. Musculoskeletal Disorders (MSDs)</p> <ul style="list-style-type: none"> - Health consequences due to lack of ergonomics in the workplace Musculoskeletal disorders: concept, characteristics and evolution - More frequent musculoskeletal disorders and their main causes - Main musculoskeletal disorders: affected areas and pathologies. - Case study: health damage from musculoskeletal disorders. - Qualification of musculoskeletal disorders: accidents at work and occupational diseases. - Baseline: business obligations and classification of MSDs 	Spanish	Link
	Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)	<p>The various states of health (diseases, disorders and damage) refer to functional or structural losses and are associated with health risk. Pain, as a primary symptom, is often associated with work related musculoskeletal disorder. Pain, which is an example of health status, is the most commonly used health indicator.</p>	Spanish	Link
	Secretaría General Subdirección General Recursos Humanos Área de Prevención de Riesgos Laborales	<p>In this manual, in order to be able to approach the knowledge of these disorders and act preventively, they will try: to inform the normative aspects that affect the worker more directly; Define musculoskeletal disorders (MSDs); Summarize symptoms that appear most often to identify MSDs; See the causes of some alterations; Provide strategies to prevent the emergence of MSDs, and recommendations for performing work in ergonomically correct conditions.</p>	Spanish	Link

Country	Source	Information available	Language	Link
Spain	Ministerio de Trabajo e Investigación, Secretaria de Estado de Seguridad Social	Musculoskeletal disorders, psychopathology and pain To investigate the existing interrelationship in musculoskeletal disorders, psychopathology and pain, to reveal the mutual interconnectedness of this affection in the determination and prolongation of the duration and number of processes due to Temporary Work Incapacity, which has allowed to situate musculoskeletal disorders in the first-incapacity.	Spanish	Link
	Asociación Española de Especialistas en Medicina del Trabajo-AEEMT	All occupations expose workers to varied working conditions and it is accepted that work influences the health of workers, although regarding cervical and lumbar pain it is not known whether the predictive pain factors would be specific to the occupation. This is why some researchers have focused on identifying and identifying chronic neck and lumbalgia pain predictors in a specific cohort of office workers.	Spanish	Link
	EGARSAT-Mutua Colaboradora con la Seguridad Social	It is necessary to maintain good working conditions. In prevention, order and cleanliness are basic elements that help us to keep our jobs properly tidy.	Spanish	Link
	Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)	Prevention of musculoskeletal disorders in the health sector. This text contains some good design and organisation practices, carried out over recent years in health sector centres forming partners of the working group, to reduce or minimise musculoskeletal disorders in the health sector.	Spanish	Link

Country	Source	Information available	Language	Link
Spain	Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)	Risks of musculoskeletal disorders in the Spanish workforce. Overexertion continues to be the leading cause of occupational accident with discharge; its impact on the working population has not stopped growing for more than 20 years.	Spanish	Link
	Comisiones Obreras de Castilla y Leon	Manual of musculoskeletal disorders. In order to address the increasing problem of MSDs in the workplace and to address the lack of awareness among workers about occupational diseases, the Ministry of Labour Health has developed this manual for all those MSDs whose origins are at work so that they are not hidden as common illnesses, aimed at delegates and workers.	Spanish	Link
	UGT-Andalucia	Ergonomic guide of disorders musculoskeletal In the prevention of musculoskeletal disorders, it is essential that our prevention delegates inform and facilitate training and participation channels for working people. With its editing and distribution in the workplaces, it will have a prevention tool, that, to be sure, will contribute to improve working conditions in Andalusia.	Spanish	Link
	Junta de Andalucía. Consejería de Empleo	Approximation of ergonomic causes of work related musculoskeletal disorders. The aim of this study is to provide, through the analysis of work accidents and occupational diseases, an interesting insight into the branches of activity, types of work and occupations with the highest incidence of musculoskeletal disorders due to ergonomic deficiencies, and the nature of such deficiencies.	Spanish	Link
	Instituto Canario de Seguridad Laboral	The disorders of musculoskeletal of work origin This brochure seeks to raise awareness of the importance of preventing overexertion at work.	Spanish	Link

Country	Source	Information available	Language	Link
Sweden	Swedish work environment authority	Information regarding physical, psychological and chemical factors in the workplace and how these should be managed. An overview of the legislation regarding worker's rights, including which processes to follow in case of an accident	Swedish and English	Link
United Kingdom	National Health Service	Advice mainly focusing on back pain in the workplace regarding: <ul style="list-style-type: none"> - Sitting positions - Lifting - Implementing breaks in the workday - Treatment options 	English	Link
	Health and Safety Executive	Advice on Musculoskeletal Disorders in the work setting	English	Link
Romania	Ministerul muncii familiei, protecției sociale și persoanelor vârstnice, Institutul național de cercetare-dezvoltare pentru protecția muncii "Alexandru Darabont"	Guide for safety and health at work on manual handling of the persons. The objective of the guide of good practice is to provide information relating to the assessment of the risks and the choice of appropriate measures for the protection of the health of workers and ensure the safety of their jobs involving manual handling of persons.	Romanian	Link

Most searched keywords for occupational health and safety

Country	Keywords	Visits per month	Most visited webpages based on these search strategies
Italy	occupational health and safety law	90	link1 link2
	occupational health and safety system	90	link3 link4 link5
	occupational health and safety guidelines	70	link6 link7
	occupational health safety and environment	70	link8 link9
	occupational health and safety commission	50	link10 link11 link12
	occupational health and safety management system requirements	10	link13 link14
	occupational health and safety requirements	10	link15 link16 link17
	complex regional pain syndrome occupational therapy	10	link18 link19
	complex regional pain syndrome type 1 occupational therapy		link20

Country	Keywords	Visits per month	Most visited webpages based on these search strategies
Spain	occupational health and safety management system requirements	90	link1 link2
	occupational health and safety professionals	90	link3 link4
	occupational health and safety qualifications	90	link5 link6
	occupational health and safety specialist	90	link7 link8 link9
	occupational risk prevention	10	link10 link11
	occupational low back pain epidemiology		link12

Country	Keywords	Visits per month	Most visited webpages based on these search strategies
Denmark	occupational health and safety magazine	70	link1 link2
	occupational health and safety meaning	50	link3 link4
	occupational health and safety management	40	link5 link6
	fundamental principles of occupational health and safety	20	link7 link8
	occupational health and safety regulations 2017	20	link9 link10
	occupational safety and health standards	20	link11 link12
	the national institute for occupational safety and health	20	link13 link14 link15
	dissertation topics in occupational health and safety	10	link16 link17
	guidelines on occupational safety and health management systems	10	link18 link19
	nvq level 7 occupational health and safety	10	link20 link21

Country	Keywords	Visits per month	Most visited webpages based on these search strategies
Denmark	occupational health and safety	10	
	occupational health and safety definition	10	
	occupational health and safety management system	10	
	occupational health and safety services	10	
	occupational health and safety topics	10	

No data available for the following keywords

- occupational health and safety
- occupational health and safety act 85 of 1993 construction regulations
- occupational health and safety act 85 of 1993 pdf
- occupational health and safety act 85 of 1993 construction regulations 2014
- occupational health & safety regulations 1996
- occupational health and safety 1984
- occupational health and safety 2000
- occupational health and safety act
- occupational health and safety act 213/91
- occupational health and safety regulation 296/97
- occupational health and safety denmark
- occupational health and safety education
- occupational safety health act 1970
- occupational health and safety guidelines and procedures
- occupational health and safety key performance indicators
- regulation respecting occupational health and safety division xv section 136

Education for managing occupational-related musculoskeletal pain

Education is an important part of preventing and managing musculoskeletal pain in the workplace. The table below provides an overview of the use of educational resources in the workplace and the effect thereof. The use of technology as means of providing education will be specifically highlighted. The criteria for being included in the overview was that the research needed to be:

- Published in a peer-reviewed journal
- Be in English
- Focus on musculoskeletal pain in an occupational setting
- Be focused around education as an intervention

The databases used for the literature search were Pubmed, Cinahl, Cochrane libraries and Web of Science.

Title	Year	Study design	Study objective	Main findings
Psychological distress and employment status. Effects of a group learning programme for patients with chronic musculoskeletal pain	2003	Randomized controlled trial	The main foci of the program were: <ul style="list-style-type: none"> - awareness of relationship between body, emotions and mind - change of focus from pain and disability to personal resources - potentials - coping strategies - development of greater self-confidence 	Significant group x work status interaction effect was found, and also a mean reduction of distress among both working and non-working participants in the intervention group, whereas in the control group only those who received disability benefits reported a reduction in psychological distress
Face-to-face information combined with a booklet versus a booklet alone for treatment of mild low-back pain: a randomized controlled trial	2014	Randomized controlled trial	To determine the effectiveness of face-to-face information for the treatment of mild low-back pain (LBP) in an occupational health (OH) setting	Face-to-face patient information by an OH nurse in addition to a booklet was not more effective than the booklet alone in treating employees with mild LBP in an OH setting

Title	Year	Study design	Study objective	Main findings
Psychological distress and employment status. Effects of a group learning programme for patients with chronic musculoskeletal pain	2003	Randomized controlled trial	The main foci of the program were: <ul style="list-style-type: none"> - awareness of relationship between body, emotions and mind - change of focus from pain and disability to personal resources - potentials - coping strategies - development of greater self-confidence 	Significant group x work status interaction effect was found, and also a mean reduction of distress among both working and non-working participants in the intervention group, whereas in the control group only those who received disability benefits reported a reduction in psychological distress
The effect of a structured personalized ergonomic intervention program for hospital nurses with reported musculoskeletal pain: An assigned randomized control trial.	2016	Randomized controlled trial	To examine the effect of a structured personalized ergonomic intervention program for hospital nurses with musculoskeletal pain	The intervention group showed an improvement in The Rapid Entire Body Assessment and in posture that is considered risk factor for work-related musculoskeletal discomfort disorders. No significant differences were found in the number of body parts in pain or in the level of musculoskeletal pain between the intervention group and the control group that only got information/education in writing (no practical exercise/instructions)
The effect of a knowledge-based ergonomic intervention amongst administrators at Aga Khan University Hospital, Nairobi.	2015	Mixed methods design	To determine the prevalence of ergonomic-related LBP and neck pain, and describe the effect of a knowledge-based ergonomic intervention amongst administrators in Aga Khan University Hospital, Nairobi	Continual ergonomic education is necessary for adherence to health-related behaviors that will prevent work-related LBP and neck pain

Title	Year	Study design	Study objective	Main findings
Does an exercise intervention improving aerobic capacity among construction workers also improve musculoskeletal pain, work ability, productivity, perceived physical exertion, and sick leave?: a randomized controlled trial.	2012	Randomized controlled trial	To investigate whether an exercise intervention shown to increase aerobic capacity, would also lead to less musculoskeletal pain; improved work ability, productivity, and perceived physical exertion; and less sick leave	The active arm in the study resulted in improved aerobic capacity. The intervention was however no more effective in improving musculoskeletal pain and other work-related factors than the control group which only got a 1-hour lecture on general health promotion
Multicomponent Intervention for Work-Related Upper Extremity Disorders	2000	Prospective cohort study	<p>To investigate whether an intervention aimed at improving ergonomic factors, work organization, work style, and work-related and individual psychosocial factors would be associated with reductions in the number of upper extremity cases/year and associated lost time and health care costs in a group of full-time sign language interpreters.</p> <p>Educational sessions (11 in total) focused on:</p> <ul style="list-style-type: none"> - Factors that can cause/increase risk of pain in the workplace - The concept overexertion - The positive effects of fitness training (2 sessions) - Job stress management - Pain management - biomechanics of interpreting (2 sessions) - Self-assessment and relapse prevention - Stress management - Health care system 	The intervention resulted in indicated a 69% reduction in the number of cases reporting upper extremity problems in the 3 years following the intervention. Indemnity costs were reduced by 64% and were maintained over the next 2 years. Health care costs followed a similar, although smaller magnitude, change

Title	Year	Study design	Study objective	Main findings
Experiences of Participants in a Self-Management Program for Employees with Complaints of the Arm, Neck or Shoulder (CANS): A Mixed Methods Study.	2017	A Mixed Methods Study	To investigate the experiences of participants of a self-management program for employees with complaints of the arm, neck or shoulder (CANS)	The eHealth module was generally experienced as positive, especially the section with the physical exercises. Participants obtained more insight into their complaints and increased awareness, which contributed to the acceptance of and coping with the complaints.
The effect of three ergonomics training programs on the prevalence of low-back pain among workers of an Iranian automobile factory: a randomized clinical trial.	2014	Randomized controlled trial	To assess the effect of 3 ergonomic training programs on the prevalence of low back pain among workers of an Iranian automobile factory	The prevalence of back pain did not change in the groups that got a lecture or a pamphlet only. However, the prevalence of LBP experienced during the last year significantly ($p=0.036$) decreased from 42% to 23% in participant took part in the workshop. Training of automobile factory workers in ergonomics is more effective by running workshop than giving lecture or disseminating pamphlet.
Promoting Best Practices for Managing Acute Low Back Pain in an Occupational Environment.	2015	A pre-experimental, one group, pre-test/post-test design	To educate nurses about EBP and more specifically how to apply EBP to the treatment of low back pain via an online continuing education course and then test the effectiveness of this online education. Education was provided with an online education course which was created in an effort to increase knowledge and confidence in EBP and clinical practice guidelines specific to low back pain in an occupational setting	The results showed a statistically significant improvement in knowledge and confidence scores after completion of the course. An online education course was shown to be a cost-effective, accessible tool to increase knowledge and confidence of EBP for different health care providers

Title	Year	Study design	Study objective	Main findings
Investigating the Effect of Educational Intervention on Musculoskeletal Disorders in Dentists	2018	A prospective cohort study	The aim was to evaluate the effect of intervention consisting on education related to good body posture and stretching exercises.	The education resulted in a significant reduction in musculoskeletal pain in neck, right shoulder, left shoulder, upper back, and right wrist after implementing the educational intervention
Results of a Pilot Intervention to Improve Health and Safety for Health Care Workers	2013	A prospective cohort study	To test the feasibility of a multicomponent pilot intervention to improve worker safety and wellness in two Boston hospitals. This was done by training the managers in identifying which factors needed to be focused on and educational material being made available and visible in the workplace	There was a post intervention increase in safe patient handling, safety practices, ergonomics, and supervisor support. No change was seen in musculoskeletal pain or physical activity levels, but no changes in MSDs or PA.
Web-based office ergonomics intervention on work-related complaints: a field study.	2013	A proof-of-concept study	To examine the effects of a Web-based office ergonomics intervention on subjects' individual workplace adjustments. Employees used a purpose-made website for adjusting their computer workplaces without any personal support of ergonomics experts	Self-reported musculoskeletal complaints and headache symptoms decreased significantly after the intervention
Cost-effectiveness of providing patients with information on managing mild low-back symptoms in an occupational health setting.	2016	Prospective quasi experimental study	To assess the effectiveness and cost effectiveness of patient information in mild LBP in the occupational health	Booklet information was cost-effective in comparison to the natural course of LBP. In short, a delivery of simple written information reduced the direct health care costs and saved sickness absence days. Although the combination of booklet information and face-to-face advice also reduced the costs of health care (87 % probability), the effectiveness of the intervention on sickness absence was negligible.

Title	Year	Study design	Study objective	Main findings
Decrease in musculoskeletal pain after 4 and 12 months of an aerobic exercise intervention: a worksite RCT among cleaners	2018	R a n d o m i z e d controlled trial	To investigate if aerobic exercise affects level of musculoskeletal pain from baseline to 4- and 12-months follow-up. The intervention group was compared with a control group which receive lectures on health promotion only	Clinically significant reductions (>30%, in the aerobic exercise group, compared to the reference group, in pain intensity in neck, shoulders, arms/wrists were found at 12-months follow-up. At 4-months follow-up the only significant between-group change was an increase in hip pain.

An eHealth module was used in the study: [Experiences of Participants in a Self-Management Program for Employees with Complaints of the Arm, Neck or Shoulder \(CANS\): A Mixed Methods Study](#). The topics of the eHealth module were as follows:

Topics of the eHealth module

Topic	Content
Use of eHealth	Manual of the eHealth module
Self-management	Introduction to self-management
CANS	Non-specific CANS, specific CANS, symptoms, causes (workload and capacity, physical factors, psychosocial and personal factors, chronic pain, sensitization, self-tests and screening tests), prognosis
Possible solutions	What can I do? (workplace, work pressure and work style, reduction of stress, sports and specific exercises), facilities within organisation, treatments
About the group sessions	Topics of the group sessions and manual
Further reading	Additional information and references to websites

Risk assessment in occupational pain

This section provides an overview of the risk assessment tools that are publicly available in several European countries. These data come from the Online interactive Risk Assessment (OiRa) under the European Agency for Safety and Health at Work strategy which is intended to help smaller enterprises to carry out risk assessments. The tools are free to download and can be easily accessed by clicking on the relevant link. Do note that a registration is needed to access the tools but the registration is free of charge. Each link is accompanied by a short description of the tool and the name of the OiRA partner who developed it. Tools are divided up by country. Each checklist is developed in collaboration with a public authority in each respective country.

European Agency for Safety and Health at Work

Type of industry	Short description of checklist	Language
Leather and tanning	<p>The processes and activities in the leather and tanning industry can cause occupational hazards to workers. The most important risks are related to the use of machinery and other equipment, chemicals, and the work environment. Occupational safety and health (OSH) management is essential not only to create healthy workplaces but also to reduce costs and other negative consequences of work related accidents and sickness absence.</p>	English
Cleaning	<p>This tool deals with general office cleaning. Office cleaning is performed in different work environments in various kinds of buildings. Therefore the types of risks to which cleaning workers are exposed are also specific to the premises they work in. Should the risk assessment be carried out in offices located in specific premises like laboratories, hospitals, etc. additional risks would need to be considered (for instance exposure to biological risks, radiations, etc.).</p>	English
Private security guards	<p>Private security guards are involved in preventing all types of risks and in serving the security of people, premises, processes, and goods. At the same time they are exposed to many risks, such as slips, trips and falls and violence of all types to only name the most frequent ones. The tool covers five different areas: commercial manned guarding, mobile patrolling, event security, airport security and maritime security. The tool is highly adaptable and gives the choice to companies to repeat each of these areas for every single location/event where private security has been contracted.</p>	English
Hairdressers	<p>The content of the tool is based on European legislation and particularly on the provisions of the European framework agreement on the protection of occupational health and safety in the hairdressing sector. This tool has been developed at EU level and may serve as a basis when developing an OIRA <u>hairdressers</u> tool at national level. This implies that specific changes will be needed for national adaptations.</p>	English

Type of industry	Short description of checklist	Language
Maritime transport	<p>The Risk Assessment Tool was structured into ten modules:</p> <ul style="list-style-type: none"> - "Occupational Safety and Health Management" - "General Hazards on Board" - "Working on the Bridge" - "Working on the Deck and Cargo Decks" - "Working in the Engine Room" - "Working in the Galley" - "Living Accommodation" - "Working in the ships offices" - "Dealing with Emergencies" - "Vulnerable Working Groups" <p>The OiRA tool for Maritime Transport can be used by anyone wishing to assess health and safety-related risks that might exist in their workplace on a ship.</p>	English
Live performance - venues	<p>The Live Performance sector encompasses artistic productions and workplaces with a great diversity of elements to be considered in relation to occupational health and safety. The tool cover among other things the technical elements in relation to set, rigging and stage; the special elements, stunts and artistic performance activities on the stage; the chemical and hazardous substances used in special effects; frequent high noise levels; and the presence of an audience. The Live Performance Venue Tool is focused on venues such as opera houses, theaters, etc. that are hosting different productions.</p>	English and Spanish
Live performance - productions	<p>The Live Performance sector encompasses artistic productions and workplaces with a great diversity of elements to be considered in relation to occupational health and safety. The tool cover among other things the technical elements in relation to set, rigging and stage; the special elements, stunts and artistic performance activities on the stage; the chemical and hazardous substances used in special effects; frequent high noise levels; and the presence of an audience. The Live Performance Productions Tool also includes the cooperation between the production and the different venues hosting productions when going on tour.</p>	English and Spanish
Sport sector – active leisure	<p>The active leisure sector comprises two sub-sectors - fitness and outdoors, and they are part of the broader sport sector. The fitness sector uses qualified instructors and trainers to deliver diverse, structured exercise programs that help people of all ages and abilities to improve their health, muscle and cardiovascular endurance, coordination, balance, agility and flexibility. Outdoor providers do not generally offer competitions, which are therefore not included in the tool. The outdoor sector uses qualified instructors to deliver outdoor activities in a context of fun, recreation, tourism, outdoor learning or engagement with the natural environment. The tool does not cover high risk activities such as climbing, diving, surfing etc. since these were considered to be very specific and as such, need to go along with very specific health and safety measure, that couldn't be covered within the current approach. Aspects such as work performed outside normal working hours, part-time or temporary contracts, or volunteer work as well as freelancer work are included in the tool.</p>	English

Type of industry	Short description of checklist	Language
Sport sector – non-profit	<p>The OiRA tool on not-for-profit sports sector covers activities being conducted by the following staff: Sport coaches & sport instructors and trainers, individually orientated and group wise orientated; sport managers; location managers and operational support (e.g. maintenance workers, caretakers, cleaners, grounds men, gardeners, food & beverage staff, receptionists, cashiers, ticket sellers, office workers, drivers, security guards). All the above workers can also be volunteers. Any sports club or person that represents a sports club is considered to be an 'employer'. In the not-for-profit sports sector the employers are often volunteers as well. Working at a not-for-profit sports organisation concerns the indoor facilities an outdoor activities (grounds), and sometimes travelling. Work is often performed outside normal working hours, frequently in the evening or at night and at weekends. The workers may be employed on part-time or temporary contracts, as a volunteer or may work as self-employed</p>	English
Sport sector - professional sports	<p>This tool includes general statements on either indoor or outdoor field sports, it further includes a section on water sports and on ice and snow sports. Beside covering a broad range of sports, the sector and accordingly the tool include a wide range of employees, not only including athletes but also coaches, referees, office workers, receptionists, ticket sellers, security guards, caretakers, maintenance workers, gardeners, kitchen staff, bartenders, club managers, operations managers, supporting staff, and many more. All of these can be volunteers as well.</p>	English

Country specific risk assessment tools

Belgium

Type of industry	Short description of checklist	Language
Leather and tanning	The processes and activities in the leather and tanning industry can expose workers to occupational hazards. The most important risks are related to the use of machinery and other equipment, chemicals, and the work environment. Occupational safety and health (OSH) management is essential not only to create healthy workplaces but also to reduce costs and other negative consequences of work related accidents and sick leaves. The tool helps companies to carry out a risk assessment and take adequate measures to eliminate and minimise health and safety risks. Implementation of the tool does not however ensure legal compliance with the respective national health and safety regulations. The tool has been developed at EU level and may serve as a basis when developing an OiRA leather and tanning tool at national level.	English
Landscape service activities	OiRA landscape service activities has been developed for and by the sector. The tool is adapted to the specific characteristics of the sector, such as the work site, dealing with machinery, exposure to dangerous substances and other specific activities. Apart from the risk assessment itself, there a lot of tips on ergonomics, work organisation, personal protection equipment etc. The tool contributes to better working conditions in the sector, which will lead to healthier and more motivated workers.	Dutch and French
Live performance - venues	The Live Performance sector encompasses artistic productions and workplaces with a great diversity of elements to be considered in relation to occupational health and safety. The tool cover among other things the technical elements in relation to set, rigging and stage; the special elements, stunts and artistic performance activities on the stage; the chemical and hazardous substances used in special effects; frequent high noise levels; and the presence of an audience. The Live Performance Venue Tool is focused on venues such as opera houses, theaters, etc. that are hosting different productions.	Dutch and French

Type of industry	Short description of checklist	Language
Live performance - productions	<p>The Live Performance sector encompasses artistic productions and workplaces with a great diversity of elements to be considered in relation to occupational health and safety. The tool cover among other things the technical elements in relation to set, rigging and stage; the special elements, stunts and artistic performance activities on the stage; the chemical and hazardous substances used in special effects; frequent high noise levels; and the presence of an audience. The Live Performance Productions Tool also includes the cooperation between the production and the different venues hosting productions when going on tour.</p>	Dutch and French
Bakeries	<p>During the development of the Belgian tool OiRA bakeries, the potential risks associated with the bakers' sector have been put under the microscope and have shown that companies need to be more attentive to the risks they incur. These risks are for example related to slips and trips, farinose, risks related to the customer, etc.</p>	Dutch and French
Cleaning	<p>The potential risks associated with the cleaning industry have been put under the microscope and have shown that companies and their workers need to be more attentive to the risks they incur. These risks are for example related to slips and trips, cleaning at height, the client and so on</p>	Dutch and French
Hotel, restaurants and cafés	<p>This online tool allows small Horeca companies to assess the risks for the well-being faced by employees at work.</p>	Dutch and French
Hairdressing	<p>The first OiRA tool developed in Belgium was designed specifically for the hairdressing sector.</p>	Dutch and French
Woodworking	<p>The risks in woodworking are for example related to exposure to noise and dust (wood), and the use of hazardous products.</p>	Dutch and French

Type of industry	Short description of checklist	Language
Construction	OiRA Construction has been developed for and by the construction sector. The tool is adapted to the specific characteristics of the sector, such as site work, subcontracting, the diversity of profiles of workers and activities, and special requirements in terms of security coordination. These risks are related to work done at height, exposure to noise, vibration and dust, the manual handling of loads and the use of hazardous products.	Dutch and French

Bulgaria

Type of industry	Short description of checklist	Language
Petrol Stations	The tool can be used by small and large petrol stations which may have a commercial shop and eating area, car wash, etc. The major organizational requirements related to health and safety are covered as well as major risks related to the site, equipment, electrical equipment, hand held tools and working environment, the presence of visitors and their safety, the management of psycho-social factors and working hours as key conditions for ensuring the health and safety of workers at the petrol station, clients and employees of suppliers who are present on site. Measures for emergency planning are extensively reviewed, as well as measures for prevention and reaction in case of fire and disasters.	Bulgarian
Manufacturing of ready-mixed concrete	The tool can be used by any manufacturer of ready-mixed concrete and concrete and lime stone solutions. It is applicable both to mobile and stationary installations. The major organizational requirements related to health and safety are covered as well as major risks related to the site, production process, maintenance and repair of equipment, use of vehicles, presence of visitors and their safety, the management of psycho-social factors and working hours as key conditions for ensuring the health and safety of workers and the visitors of the production site. Measures for emergency planning are extensively reviewed, as well as measures for prevention and reaction in case of fire and disasters.	Bulgarian

Type of industry	Short description of checklist	Language
Real estate activities	<p>The apparently routine activities of the Real Estate Agencies, in fact, pose hazards and harbor risks from many different sources. Besides the traditional ones, related to office work, risks may also arise from contacts with various clients and viewing and visiting sites, including ones under construction. Finally yet importantly, there exist risks related to road accidents and to exposure to biological agents, sometimes present in already occupied properties. In line with the above-said characteristics of the activity, this OiRA tool allows to evaluate the risks inherent in the business in a user-friendly manner and to set appropriate measures for their elimination / minimization.</p>	Bulgarian
Veterinary activities	<p>The tool is designed for companies in the veterinary medicinal sector and covers activities such as diagnosis and treatment of various diseases, preventive measures and related service activities. The veterinary sector is characterized by many risk factors such as: manual handling of loads and live loads, injury arising from aggressive animals, work with cutting and piercing objects and tools, biological agents and other. Covered are also factors of the working environment: microclimate, lighting, non-ionising and optical radiation, ionising radiation in the working environment. Included are psychosocial risks and organizational factors such as the work and rest regime. The tool begins with identification of the hazards, assesses the level of the risk and leaves flexibility because of the wide variety in the sector. That enables the end-users to choose the most appropriate preventative actions to eliminate or reduce risks. Users are encouraged to implement the proposed preventive measures for each identified risk. The tool is an easy way to improve the working conditions of the persons employed in the veterinary sector.</p>	Bulgarian
Printing sector	<p>The tool is intended for companies operating in the printing sector and covers printing on paper (books, stationery, advertising materials, newspapers, etc.). Prepress, bindings and other finishing works are not dealt with. The tool considers the risks, typical for the main processes, related to the use of machinery and equipment, storage of large volumes of raw materials and production, loading and unloading operations, internal transport, manual handling of loads, etc. Addressed are also topics related to the factors of the working environment: microclimate, illumination, noise, dust and toxic agents in the working environment. Psychosocial risks and work organization are also covered. The tool is an easy way to improve the working conditions of the workers in the printing sector.</p>	Bulgarian

Type of industry	Short description of checklist	Language
Landscaping and maintenance of green areas	The tool covers practically all aspects of the activities related to landscaping and maintenance of green areas. They form a wide variety, including elements of the classical plant production and forestry, and they are usually performed in an urban environment. Structurally, the risk assessment addresses three priority lines; working environment, machinery and work processes, presented in separate modules.	Bulgarian
Courier services	Delivery of items at request to an address specified by the client and risks in the performance of those services.	Bulgarian
Telecommunications	The tool covers the following modules: OSH Management; Sites and access to them; Technological premises; Factors of the working environment; Electrical safety; High-risk equipment; Work in confined areas; Work at a height; Work in areas with an electromagnetic field; Manual handling of loads; Handling of chemicals; Office work; Shop work; Working in a call center; Vehicles; Psychosocial factors; Emergency; Occupational accidents; Health monitoring.	Bulgarian
Manufacture of drinks	The tool covers the following modules: OSH Management; Emergency management and fire safety; Work premises and flooring; Electrical safety; Physical and chemical factors in the working environment; Work with hazardous substances; Factors of the work process; Work equipment and high-risk equipment; Work in explosive atmospheres; Work in confined areas; Work at a height; Welding operations; Work on packaging lines; Warehouses and handling operations; Factory transport; Transport activities: Supply of raw material and transportation of finished goods; Office work; Company laboratory control.	Bulgarian
Manufacture of basic metals	The tool covers the following modules: OSH Management; Work premises and flooring; Electrical safety; Emergency management and fire safety; Physical and chemical factors of the working environment; Work with hazardous chemicals; Factors of the work process; Work equipment and high-risk equipment; Warehousing and handling operations; Factory transport; Working with mechanical and motor-operated electric tools; Fire and welding operations; Outdoor work; Work in explosive atmospheres; Work at a height; Work in confined areas; Work in environment with gas hazards; Office work; Production of pig iron, steel and ferroalloys; Manufacture of products in the primary processing of steel; Manufacture of non-ferrous metals; Casting of metals.	Bulgarian

Type of industry	Short description of checklist	Language
Mining of coal and metal ores and quarrying of nonmetallic raw materials	<p>The tool covers the following modules: OSH Management; Electrical safety; Fire safety of operating facilities. Actions for dealing with accidents and emergencies; Transportation and construction machinery; Operation of high-risk equipment; Traumatic injuries; Blasting; Boring, support, maintenance and operation of horizontal, inclined and vertical mine workings; Open-pit mining; Use of dredging machinery; Repair, maintenance and cleaning of machinery and equipment; Administrative and management activities; Factors of the working environment; Dynamic physical workload and work posture. Manual handling of loads; Mental and sensorineural (visual and/or auditory) loading; Work organisation. Work/rest schedule.</p>	Bulgarian
Rail transport	<p>The tool covers the following modules: OSH policy; Fitness and maintenance; Operation of locomotives and train sets; Operation of passenger-train carriages; Work in stations and servicing trains and manoeuvres; Loading and unloading of freight wagons; Actions in case of accidents, disasters and incidents; Psychosocial factors and working hours; Office work.</p>	Bulgarian
Tanning and dressing of leather; manufacture of footwear and other	<p>The tool covers the following modules: OSH policy; Buildings and flooring; Company transport; Emergency situations; Working conditions (i.e. factors of the working environment, such as microclimate, air quality, lighting, chemical and biological agents, noise); Work with raw hides and skins; Manufacture of footwear and other leather products; Use of knives; Use of machinery; Maintenance, replacement of parts and cleaning of the machines; Use and storage of chemicals; Office work; Organisation of the working time.</p>	Bulgarian
Production and distribution of electricity and steam, and of gaseous fuels	<p>The tool covers the following modules: OSH Management; Work premises and flooring; Emergency management and fire safety; Maintenance and repair of machinery and equipment; Work in explosive atmospheres; Work in confined areas; Work at a height; Fire and welding activities; Work with hand tools; Outdoor work; Office work; Maintenance and handling of electrical installations and equipment; Work with asbestos containing materials; Work with lifting equipment near live parts; Works on pipelines for steam and hot water; Operation and maintenance of water facilities in power plants; Excavation work; Work with lifting equipment.</p>	Bulgarian

Type of industry	Short description of checklist	Language
Manufacture of rubber products	<p>The tool covers the following modules: Buildings and premises; Heating and ventilation; Factors of the working environment; Lifting equipment; Handling operations; Machinery and equipment; Maintenance and repair; Electrical devices and equipment; Fire safety and emergency procedures; Storage and transportation of raw materials and finished products; Preparation of raw materials and production supplies; Coating, rubberising and cutting fabric; Extruding rubber products; Making up pneumatic tyres; Making up technical rubber products; Curing of rubber products; Processing of materials for secondary use.</p>	Bulgarian
Manufacture of plastic products	<p>The tool covers the following modules: Buildings and premises; Heating and ventilation; Factors of the working environment; Lifting equipment; Handling operations; Machinery and equipment; Maintenance and repair; Electrical devices and equipment; Fire safety and emergency procedures; Storage and transportation of raw materials and finished products; Preparation of raw materials and production supplies; Extrusion of plastics products; Compression moulding; Calendering; Blow moulding of plastics products; Vacuum forming and pneumatic moulding; Pressure forming; RF welding of plastics; Processing of materials for secondary use.</p>	Bulgarian
Manufacture of machinery	<p>The tool covers the following modules: OSH Management; Operation of electrical equipment; Rules and regulations for fire safety and emergency procedures in the operation of the objects. Eradication of accidents and emergencies; Internal transport; Operation of high-risk equipment; Traumatic injuries; Work equipment; Safe handling of items and products through the removal of shavings, cleaning of preforms and details, press treatment of metals; Handling coolants and lubricants; Painting of metal articles; Repair, maintenance and cleaning of machinery and equipment. Manual handling of loads; Welding operations; Administrative and management activities; Factors of the working environment; Dynamic physical workload and work posture; Mental and sensorineural (visual and/or auditory) loading; Work organisation; Work/rest schedule.</p>	Bulgarian

Type of industry	Short description of checklist	Language
Manufacture of furniture	<p>The tool covers the following modules: OSH Management; Work premises and flooring; Electrical safety; Emergency management and fire safety; Physical and chemical factors of the working environment; Work with hazardous substances; Factors of the work process; Work equipment and machinery; High-risk equipment; Warehousing and handling operations; Factory transport; Working with mechanical and motor-operated electric tools; Welding operations; Work in explosive atmospheres; Sewing and upholstery work; Surface treatment of furniture; Maintenance and repair of machinery and equipment; Office work.</p>	Bulgarian
Manufacture of clothing	<p>The tool covers the following modules: OSH Management; Buildings and flooring; Fire safety and emergency procedures; Electrical safety; Physical factors; Hazards caused by materials; Use and storage of chemicals; Working with a computer and plotter; Spreading and cutting; Sewing and finishing works; Heat treatment; Packaging and storage; Ergonomics; Maintenance work on machinery.</p>	Bulgarian
Manufacture of chemical products	<p>The tool covers the following modules: OSH Management; Chemical factors of the working environment; Physical factors of the working environment; Physical workload and work posture. Handling operations; Work at a height; Work in confined areas; Emergency preparedness (Fire safety and emergency procedures); Personal protective equipment; General requirements in the storage of chemicals and mixtures; Machinery hazards. High-risk equipment; Hazards at work with electrical equipment; Safety of industrial buildings, work premises and workplaces. Sanitary services; Main processes and equipment: Transportation of liquids. Gas compression. Agitation in liquid medium. Separation of heterogeneous gas mixtures. Separation of liquid heterogeneous mixtures. Heating and cooling. Condensation and evaporation. Absorption and adsorption. Distillation. Extraction. Drying. Crystallization; Handling of explosive substances; Handling of combustible substances; Handling of corrosive substances; Handling of oxidising substances; Handling of toxic substances; Handling of carcinogenic and mutagenic substances; Handling of compressed gases; Handling of pesticides.</p>	Bulgarian

Type of industry	Short description of checklist	Language
Manufacture of food products	<p>The tool covers the following modules: OSH Management; Work premises and flooring; Electrical safety; Emergency management and fire safety; Physical and chemical factors of the working environment; Work with hazardous substances; Biological agents in the working environment; Factors of the work process; Work equipment and high-risk equipment; Welding operations; Work in explosive atmospheres; Work in confined areas; Company laboratory control; Factory transport; Warehouses and handling operations; Working with hand tools; Office work; Transport activities: Supply of raw material and transportation of finished goods; Work in meat production and processing factories; Work in plants for processing poultry meat; Work in enterprises producing milk and dairy products; Grain processing and flour manufacture; Manufacture of bread and bakery products; Production of oils and fats; Preservation of food products.</p>	Bulgarian
Crop and animal production	<p>The tool covers the following modules: OSH Management; Work premises and flooring; Electrical safety; Emergency management and fire safety; Physical and chemical factors of the working environment; Work with hazardous substances; Biological agents in the working environment; Factors of the work process; Fixed work equipment and high-risk equipment; Operation of mobile agricultural machinery and self-propelled machinery; Warehouses and handling operations; Internal company transport; Outdoor activities; Work in explosive atmospheres; Work in greenhouses; Repair and maintenance of agricultural machinery, plant and motor vehicles; Working with mechanical, agricultural and motor-operated electric tools; Work with bees; Office work.</p>	Bulgarian
Warehousing and support activities for transportation	<p>The tool covers the following modules: OSH Management; Workplaces and premises. Outdoor work; Factors of the working environment; Internal transport; Handling operations; OSH at warehousing; OSH at storage of hazardous chemicals and mixtures; Manual handling of loads; OSH at work with industrial trucks; OSH at work with lifting gear; Hazards of work with machinery and equipment; Electrical equipment and installations; Repair and maintenance of equipment; Emergency preparedness (Fire safety and emergency procedures).</p>	Bulgarian

Type of industry	Short description of checklist	Language
Construction	<p>The tool covers the following modules: OSH Management in general construction work; Preparation for implementation of general construction work; Earth moving and excavation work; Construction of reinforced concrete structures; Construction of masonry; Installation of structures; Construction of building systems; Insulation and finishing work; Building transmission and distribution pipelines; Construction of roads and pedestrian areas; Work with machinery and mechanical equipment; Work at a height; Work in confined areas; Fire activities; Diving works; Manual handling of loads.</p>	Bulgarian
Passenger land transport	<p>The tool covers the following modules: OSH policy; Driver's fitness and delivery of the vehicle; Picking up and setting down of passengers; Driving; Arrival at the final destination; Maintenance and check-up of vehicles; Psychosocial factors and working hours; Office work.</p>	Bulgarian
Freight transport by road	<p>The tool covers the following modules: OSH policy; Driver's fitness and delivery of the vehicle; Coupling and uncoupling of trailer; Work with drop-sides truck; Loading and unloading; Cargo securing; Leaving the loading ramp; Driving; Arrival at the final destination; Maintenance and check-up of vehicles; Psychosocial factors and working hours; Office work.</p>	Bulgarian
Collection, distribution and treatment of wastewater/sewage	<p>The tool covers the following modules: OSH policy; Sites and workplaces; Operation with machinery, plant and work equipment; Work on company premises and in streets and adjacent areas; Manual handling of loads; Fire safety; Factors of the working environment; Organisational aspects of the work; Psychosocial risks; Office work; Contacts with external firms and persons.</p>	Bulgarian
Water collection, treatment and supply	<p>The tool covers the following modules: OSH policy; Sites and workplaces; Operation of machinery, facilities and work equipment; Work on the premises of the enterprise, as well as in streets and adjacent areas; Manual handling of loads; Fire safety; Factors of the working environment; Organizational aspects of the work; Psychosocial risks; Office work; Relationships with external firms and persons.</p>	Bulgarian

Type of industry	Short description of checklist	Language
Human health activities	<p>The tool covers the following modules: OSH Management activities; Building; Electrical safety; Fire safety; Operation of high-risk equipment; Traumatism associated with slips and falls; Traumatism associated with manual handling of loads and patients; Traumatism associated with handling needles and sharps; Road accidents; Microclimate, lighting, noise and vibrations; Biological agents; Chemical agents; Work posture; Psychosocial risks; Neuro sensory load; Work organisation; Non-ionising radiation; Ionising radiation.</p>	Bulgarian
Manufacture of wood and wood related products	<p>The tool covers the following modules: OSH Management; Workplaces and work premises; Operation of machinery and equipment; Electrical equipment and installations; Handling operations; Noise and vibrations; Hazardous substances; Internal transport; Office work; Fire safety and emergency procedures.</p>	Bulgarian
Manufacture of pharmaceuticals and related products	<p>The tool covers the following modules: OSH Management; Arrangements for fire safety and emergency procedures; Explosive atmospheres; Buildings and flooring; Internal transport; Machinery and equipment; Electrical safety; Physical factors; Work with chemical agents; Manufacture of pharmacologically active substances; Manufacture of medicinal products; Quality control; Storage; Repair and maintenance; Office work.</p>	Bulgarian
Waste collection and treatment; materials recovery	<p>The tool covers the following modules: OSH policy; Waste collection; Premises of the enterprise; Operation of production lines; Physical workload; Hazardous waste collection and treatment; Machinery and tools; Working time organisation; Psychosocial risks; Office work.</p>	Bulgarian
Sale and repair of motor vehicles and motorcycles	<p>The tool covers the following modules: OSH policy; Work in an office and showroom; Workspaces and equipment; Maintenance and repair of motor vehicles; Working with fuel and antifreeze; Physical workload; Working with hazardous substances; Psychosocial factors and working hours.</p>	Bulgarian

Type of industry	Short description of checklist	Language
Hotels and restaurants	The tool covers the following modules: OSH policy; Workspaces; Machinery and equipment; Factors of the working environment; Mechanical hazards; Workplace ergonomics; Emergency; Psychosocial risks; Office work; Housekeeping.	Bulgarian
Forestry	The tool covers the following modules: OSH policy; Work equipment; Safety during logging and other forestry activities; Fire safety; Factors of the working environment; Organisational aspects of the work process; Psychosocial risks; Office work.	Bulgarian
Water transport	The tool covers the following modules: General OSH requirements on board; Firefighting; Marine rescue activities; Working environment; Physical workload; Workplace stress; Accommodation spaces on board; Machinery, equipment, mechanisms and their elements; Electrical equipment and installations; Life-saving arrangements and appliances; Chains, ropes and rigging, shunting hoists used on board; Work on deck; Anchor and mooring operations; Outboard work and work at a height; Working in enclosed or confined spaces; Handling operations; Carrying out repair and maintenance work on board; Presence of external persons on board: inspections, review and other; Passenger vessels; Ferries; Tankers; Transportation of bulk cargoes; Container transportation; Carriage of dangerous goods; High-speed crafts; Pushed convoys.	Bulgarian
Air transport	The tool covers the following modules: Noise; Vibrations; Accelerations; Lighting on the flight deck; Electricity and static electricity; Cosmic radiation (ionizing radiation); Non-ionizing radiation (radio transmissions and microwaves); Organisational setting and social environment; Mental stress; Biological and chemical environment.	Bulgarian
Public administration	The tool covers the following modules: OSH Management; Premises of the entity; Work equipment, installations and facilities; Work activities and work processes; Working environment; Work organisation, relationships and social environment; Materials and products containing chemicals; Emergency preparedness.	Bulgarian

Type of industry	Short description of checklist	Language
Educational establishments	The tool covers the following modules: OSH Management; Campus; Equipment, plants and facilities; Factors of the working environment; Chemicals; Working activities and work processes; Psychosocial factors; Emergency preparedness.	Bulgarian
Residential care activities	The tool covers the following modules: OSH Management; Premises of the enterprise; Work equipment, plants and facilities; Used materials and products; Working environment; Work activities and work processes; Manual handling of loads; Work organisation, relationships and social environment; Emergency preparedness, including fire safety.	Bulgarian

Croatia

Type of industry	Short description of checklist	Language
Hairdressers	This tool prepares employers and workers for an occupational safety and health risk assessment. It helps to identify risks and to set up a plan of measures to prevent possible damages and protect the health of workers. It consists of five modules: Organising and implementing measures of occupational safety, information on working conditions, tasks of hairdressers, skin protection etc. included. An introduction on the main principles of fire safety is also included. If there are any other risks that are not specified in this tool, they can be added by the user. A final report can be saved and printed as a document of a risk assessment as well as a plan of measures if it is needed.	Croatian

Cypress

Type of industry	Short description of checklist	Language
Hairdressing	This tool aims to inform employers and workers about the hazards hairdressers are exposed to at their workplace and gives guidance on how to prevent these risks. Questions are grouped by subject and the tool provides plenty of advice for improvement.	Greek
Butchers	Some butchers sell their goods in specialized stores, commonly termed as butcher shops. Butchers at a butcher shop may usually perform secondary butchery to prepare fresh cuts of meat for sale. This tool aims to help identify and assess the risks to which workers at a butchery store are exposed. Questions are grouped by subject and provide advice for improvement.	Greek
Small commercial shops	Safety and health and risk prevention at work are not only legal obligations but also a business necessity. They safeguard and protect workers' safety and health and the viability of the business. It is always very important to assess the risks and take appropriate preventive and control measures to avoid accidents and health problems. This tool helps identify and evaluate working conditions in small commercial shops. Questions are grouped by topic and advice is given to improve workplace conditions.	Greek
Restaurants and coffee shops	Safety and health and risk prevention at work are not only legal obligations but also a business necessity. They safeguard and protect workers' safety and health and the viability of the business. It is always very important to assess the risks and take appropriate preventive and control measures to avoid accidents and health problems. This tool helps identify and evaluate working conditions in restaurants and coffee shops. Questions are grouped by topic and advice is given to improve workplace conditions.	Greek
Car repair and painting garages	Safety and health and risk prevention at work are not only legal obligations but also a business necessity. They safeguard and protect workers' safety and health and the viability of the business. It is always very important to assess the risks and take appropriate preventive and control measures to avoid accidents and health problems. This tool helps identify and evaluate working conditions in car repair establishments and painting garages. Questions are grouped by topic and advice is given to improve workplace conditions.	Greek

Type of industry	Short description of checklist	Language
Small tourist lodgings	<p>Safety and health and risk prevention at work are not only legal obligations but also a business necessity. They safeguard and protect workers' safety and health and the viability of the business. It is always very important to assess the risks and take appropriate preventive and control measures to avoid accidents and health problems. This tool helps identify and evaluate working conditions in small tourist accommodations. Questions are grouped by topic and advice is given to improve workplace conditions.</p>	Greek
Educational establishments	<p>An educational establishment is an institution designed to provide learning spaces and learning environments for the teaching of students under the direction of teachers. This tool aims to help identify and assess the risks to which students and teachers are exposed in the educational establishments. Questions are grouped by subject and provide advice for improvement.</p>	Greek
Catering	<p>Catering is the business of providing food service at a remote site or a site such as a hotel, public house (pub), or other location by an outside licensed and insured restaurant and /or catering operation. Food is prepared, transported, set out and/ or served by the vendor's employees. This tool aims to help identify and assess the risks in which workers in the catering services are exposed. Questions are grouped by subject and provide advice for improvement.</p>	Greek
Office work	<p>An office is generally a room or other area where administrative work is done. The main purpose of an office environment is to support its occupants in performing their job. Work spaces in an office are typically used for conventional office activities such as reading, writing and computer work. This tool aims to help identify and assess the risks in which workers in an office are exposed. Questions are grouped by subject and provide advice for improvement.</p>	Greek

Czech

Type of industry	Short description of checklist	Language
Hairdressing	Hairdressing	Czech

Finland

Type of industry	Short description of checklist	Language
Road transport	For the small-scale enterprises of the road transport is offered a web-based, cost-free and easy-to-use tool, OiRA (Online Interactive Risk Assessment) for the risk assessment at the workplace. The goal is to promote the safety culture of the companies in the road transport sector and also increase the systematic carry out of the risk assessment process. Good working environment secures the result	Finnish

France

Type of industry	Short description of checklist	Language
Hotels, restaurants and cafes	This tool is intended to the companies from the HORECA (hotels, restaurants and cafes) sector. It was developed jointly by prevention organisations and actors from the sector.	French
Road transport	This tool is intended for road transport companies of packaged goods. It was developed jointly by prevention organisations and actors from the sector.	French
Retail trade of non-food products	This tool is intended for small businesses from the non-food retail sector. It was developed jointly by prevention organisations and actors from the sector.	French
Car and heavy load vehicles repair	This tool is intended for car and heavy load vehicles repair. It was developed jointly by prevention organisations and actors from the sector.	French

Greece

Type of industry	Short description of checklist	Language
Mastic processing and production	The OiRA tool for conducting a Risk Assessment study in the field of natural mastic processing and production of a range of different mastic-based products.	Greek
Catering	Occupational risks in the catering services industry are mainly associated with physically demanding work, prolonged standing and static postures, repetitive movements of the upper limbs and manual transport of loads. It is also associated with working in kitchens with hot surfaces, using knives, sharp instruments, cutting machine, workers' movements, and slippery floors. Other risks at the workplace are associated with long working hours and over exposure to high and low temperatures, high levels of noise, chemical cleaners and various harmful biological factors. The psychosocial risks due to increasing work demands, irregular schedules and regular contact with customers are also very important. The OiRA tool is intended primarily for micro and small enterprises in the sector. The use of the tool by businesses is expected to shape the health and safe conditions at the workplace, to improve the level of protection for workers, as well as to support the efficiency and competitiveness of the industry at the same time.	Greek
Commercial shops	Commercial shops	Greek
Working in offices	Working in offices	Greek
Private security	Private security	Greek
Hairdressing	Hairdressing	Greek

Type of industry	Short description of checklist	Language
Butchers	<p>The butchers sector usually experiences work related risks factors and illnesses, mainly as a result of the use of knives, sharp instruments, cutting machines, manual load transport, workers' movements on slippery floors, exposure to low temperatures, as well as various harmful biological agents. The OiRA tool is intended for micro and small enterprises in this sector primarily. The use of the tool by businesses is expected to shape the health and safe conditions at the workplace, to improve the level of protection for workers, as well as to support the efficiency and competitiveness of the industry at the same time.</p>	Greek
Laundry/Dry cleaners sector	<p>Working conditions in the dry cleaning sector are generally good, but employees often suffer from musculoskeletal problems due to the transport of heavy objects or because they have to work in unsuitable work postures or during long working hours. Other serious problems are mainly related to the exposure to relatively high temperatures, solvents and other chemicals used in the cleaning or dyeing processes, or moving parts while handling special cleaners, ironing, packing or sorting and storage of various weave types and related household. The OiRA tool is intended primarily for micro and small enterprises in the sector. The use of the tool by businesses is expected to contribute to shape the health and safe conditions at the workplace, to improve the level of protection for workers, as well as to support the efficiency and competitiveness of the industry at the same time.</p>	Greek

Iceland

Type of industry	Short description of checklist	Language
Hairdresser	This tool aims to inform workers about the risks to which they are exposed as hairdressers and help them learn to avoid future health problems. This tool helps to identify and assess the working conditions in hair salons. Questions are grouped by subject and provide advice for improvement.	Icelandic
Catering	The tool is a risk assessment tool for restaurants and canteens. The tool is designed for small and medium enterprises, for 50 employees and fewer. The tool is easy to use, free and open to all. The tool sets out proposals and examples of improvements in the working environment. There are also references to laws and regulations and the number of images for explanation. The tool evaluates the risks for you and to write a final report. The tool has seven main sections. There are reception and storage resources, Kitchen, Catering and Services, raised and cleaning, Apparatus, Morale and Stress and safety efforts.	Icelandic
Working in offices	The tool is a risk assessment tool for working in the office. The tool sets out proposals and examples of improvements in the working environment. There are also references to laws and regulations and the number of images for explanation. The tool evaluates the risks and help creating a final report. The tool has four main sections: General, Environment and planning, Stress and ethics at the office and safety efforts.	Icelandic

Italy

Type of industry	Short description of checklist	Language
Office work	This tool is intended to be used in both private and public offices' activities and is covering all workers, whose definition is established by the Article 2, decree 81/2008. It can be used by employers to carry out the final risk assessment document, including the related prevention measures as well. The tool can be particularly useful for micro, small and medium sized enterprises. The tool deals with the most common office tasks: the use of computers, secretary activities, relation with customers and providers and archiving of documents. Some jobs are excluded from the tool such as archivist and warehouse worker. In case of any risks and/or tasks not strictly related to the common office activities, the employer needs to incorporate the missing information in the risk assessment document.	Italian

Latvia

Type of industry	Short description of checklist	Language
Pharmacies	<p>This tool is intended for pharmacy shops. Workplaces in pharmacy shops can be characterized by multiple risk factors such as: work with complicated clients, stealing of goods, prolonged standing, computer work with complex and slow systems, long working hours, chemical substances etc. The tool starts with the identification of hazards and assesses the level of risk. It allows end-users to choose the most suitable preventive actions to eliminate or reduce identified risks. Do not forget to implement the proposed preventive measures! The tool includes tips on reduction of stress and fatigue, ergonomics, physical security of employees, work with clients and workplace health promotion. These tips facilitate proper accident prevention, reduction the load for the back and joints, as well as to introducing the main principles of fire protection etc. The tool is an easy way to improve working conditions for workers in pharmacy shops. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Health care establishments (small enterprises)	<p>This tool is intended for small health care establishments (e.g. general physicians, dentists etc.). These workplaces can be characterized by multiple risk factors such as: biological risks related to sharp injuries, office work, working in awkward postures for long hours, fatigue, burn-out, chemicals etc. The tool starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Do not forget to implement the proposed preventive measures! The tool includes tips on reduction of stress and fatigue, ergonomics, fire safety, ionizing radiation and workplace health promotion. These tips prevent employees from identified risks, reduce the load for the back and joints, introduce the main principles of fire protection etc. The tool is an easy way to improve working conditions for workers in health care. Using this tool contributes to keep workers healthy, motivated and with good work ability.</p>	Latvian

Type of industry	Short description of checklist	Language
Road transport	<p>This tool is intended for companies working in road transport. This sector is characterized by multiple risk factors such as: traffic accidents, work in awkward postures for long hours, fatigue, work at height, moving heavy objects etc. The tool starts with the identification of hazards and assesses the level of risk. It allows end-users to choose the most suitable preventive actions to eliminate or reduce risks. Users are encouraged to implement the proposed preventive measures for each risk identified. The tool includes tips on ergonomics, work organization, personal protective equipment, and many more. These solutions are meant to reduce traffic accidents, reduce the load for the back and joints, as well as to introduce the main principles of fire protection etc. This tool is an easy way to improve working conditions for workers in road transport. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Construction (work indoors)	<p>This tool is intended for companies which perform construction works indoors. This sector is characterised by multiple risk factors, including work at height, hand injuries, different types of dusts, various harmful effects of chemical substances, noise, work in awkward postures and heavy object lifting and moving. It starts with the identification of hazards and it assesses the level of risk, allowing end-users to choose the most suitable preventive actions to eliminate or reduce the risk(s). The tool also includes tips on ergonomics, work equipment and personal protective equipment. These allow employees to protect themselves from accidents resulting from falls from heights and, at the same level, to reduce the load for the back and joints, as well as to introduce the main principles of fire protection and so on. This tool is an easy way to improve working conditions for workers in the construction sector and its use can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Car services	<p>This tool is intended to companies engaged in car repair and car maintenance activities. This sector is characterized by multiple risk factors such as: working in car pits, hand injuries, welding spray and various harmful effects of chemical substances, noise, dust, work in awkward postures, heavy object lifting and moving, etc. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Do not forget to implement the proposed preventive measures! The tool includes tips on ergonomics, work equipment, personal protective equipment, etc. They allow employees to protect from accidents resulting from slipping, reduce the load for the back and joints, as well as to introduce the main principles of fire protection and so on. This tool is an easy way to improve working conditions for workers in car repair shops. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian

Type of industry	Short description of checklist	Language
Beauty salons	<p>This tool is intended to beauty salons establishments having to deal with many different occupational risk factors - contact with customers, inadequate lighting and microclimate, work in awkward postures, repetitive movements, nail fungal exposure, frequent contact with water and wet items, etc. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Do not forget to implement the proposed preventive measures! The tool includes tips on how to protect employees from burns, to reduce the load of the spine and joints, it also includes an introduction on the main principles of fire safety and on how to prevent damage to the skin hand. This tool is an easy way to improve working conditions in beauty salons. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Hotels and guest houses	<p>This tool is intended to accommodation companies, such as hotels and guest houses. In these companies there are different risk factors - different washing and cleaning tasks, work in uncomfortable positions as cleaning guest rooms and deck beds, night work and working on holidays period, direct contact with (including frustrated drunk existing) customers, etc. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Do not forget to implement the proposed preventive measures! This tools includes tips on easy job placement work in kitchens, ideas for reducing the load on housemaids, fire and evacuation organization, etc. This tool is an easy way to improve working conditions for workers in guest houses and hotels. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Cafes and restaurants	<p>This tool deals with different types of companies within the food catering sector. It can be used by restaurants, bistros, cafes, bars etc. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eDon't forget to implement identified preventive measures! This tool is an easy way to improve working conditions of workers in catering sector. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian

Type of industry	Short description of checklist	Language
Educational establishments	<p>This tool deals with educational establishments where health and safety is related both to teachers and students. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Also included are tips for prevention of slips, trips and falls, reduction of voice overload and examples of good working postures to avoid back and joint pain. This tool is an easy way to improve working conditions of teachers. Using this tool can contribute to keeping them healthy, motivated and with good work ability.</p>	Latvian
Cleaning	<p>This tool deals with cleaning work. Cleaning is performed in different work environments in various kinds of buildings and territories. Therefore the types of risks to which cleaning workers are exposed are not only related to the specific job they are doing, but also caused by specific situations in the premises they work in. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Also included are tips for ergonomics, equipment, personal protective equipment etc. This tool is an easy way to improve working conditions of workers employed in cleaning sector. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Shops	<p>This tool deals with different types of shops. It can be used by rural single small shops in the countryside as well as so-called chain shops and shops located in big shopping malls. It starts with the identification of hazards and assesses the level of risk, then it helps end-users to choose the most suitable preventive actions to eliminate or reduce risk. Also included are tips for ergonomic workplaces, main principles of fire safety and evacuation, advice for manual lifting of heavy weights as well as safe principles working with cash and valuables in order to reduce thefts etc. This tool is an easy way to improve working conditions of workers in shops. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian

Type of industry	Short description of checklist	Language
Agriculture	<p>This tool deals with agriculture which can be characterized by a huge amount of various risk factors - contact with animals, work with heavy agricultural equipment, exposure to various chemicals, seasonal work, prolonged working hours etc. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Also included are tips for prevention of accidents related to work with animals, reduce workload on back and joints, implement fire safety principles and eliminate fall risks. This tool is an easy way to improve working conditions of agricultural workers. Using this tool can contribute to keep them healthy, motivated and with good work ability.</p>	Latvian
Office work	<p>This tool deals with office work. Examples of companies it covers are accountants and financial consultants, marketing and public relation advisors, architect offices, insurance companies etc. It starts with the identification of hazards and assesses the level of risk, then it allows end-users to choose the most suitable preventive actions to eliminate or reduce risk. Also included are tips for ergonomic workplaces, useful equipment etc. This tool is an easy way to improve working conditions of office workers. Using this tool can contribute to keep workers healthy, motivated and with good work ability.</p>	Latvian

Lithuania

Type of industry	Short description of checklist	Language
Agriculture	<p>The agricultural sector is one of the most dangerous sectors having high figures on accidents at work. Accidents often occur due to inappropriate machinery, unprotected parts of the machinery, not preventing workers from entering hazardous areas etc. Employees assigned to work with agricultural machinery are often not trained properly about safety and health at work and are not aware of the safety and health requirements set by the equipment manufacturer for the operation of the equipment. In <u>addition</u> people working in the sector are facing risks related to dealing with dangerous substances, high physical workload because of manual handling, etc. Proper health and safety risk assessments done with this tool, can prevent many of these risks and help the employer to find proper solutions.</p>	Lithuanian
Hotels and restaurants	<p>This tool is for hotels and restaurants. The main hazards of these activities are manual handling, slips, falls, trips and psychological factors as well as hot surfaces and biological factors. In order to minimize these risks, the key preventive measures are training, job re-placement, knowledge of stress relief principles and etc.</p>	Lithuanian
Sewing	<p>This tool is for companies that carry out sewing, cutting and ironing services. The main hazards of these activities are electricity, manual handling, sharp tools, long-term seating work, slips, falls, trips and uncomfortable work tables. In order to minimise these risks, the key preventive measures are training, job re-placement, knowledge of ergonomic principles, breaks, maintenance of equipment and so on.</p>	Lithuanian
Plastic products manufacturing	<p>This tool is for companies that manufacture plastic products like polyurethane, composite plastic products, polystyrene foam products, thermoplastic products and recycle plastic waste. The main hazards in this sector are moving parts of equipment, manual handling, biological risk factors, dangerous chemicals, noise and electricity. In order to minimise these risks, it is important to use work equipment in good condition, to use safety signs, to ensure proper ventilation, to use personal protective equipment and to train workers.</p>	Lithuanian

Type of industry	Short description of checklist	Language
Furniture manufacturing	Health and safety cannot be ignored in the furniture production. The negative effects of technologies on workers' lungs, fingers, ears, eyes and so on must be minimised by providing adequate training, supervision and safety equipment. Health hazards include exposure to wood dust, dangerous chemicals, noise, unguarded machinery, non-ergonomic handling procedures and fire/explosion.	Lithuanian
Mining and quarrying	This tool is intended for mining and quarrying companies, especially for those who perform their activity in mineral surfaces and extractive industries. It includes mandatory modules like the risk factors, including explosion and fire risks, and also risks associated to heavy equipment (excavators, dredgers, tractors, sifting machines and so on) which can be activated according to the works in the quarries. This tool includes works like the falling of trees and bushes in the quarries.	Lithuanian
Premises cleaning services	This tool deals with companies within the cleaning services sector. The main difficulty of these companies is that employees must clean the offices of other companies and therefore, it is more difficult to assess all risks at their workplaces. The tool is focused on the hazardous works, including working at heights during the cleaning of the big windows, the use of chemicals at work and so on. The tool can also be used by companies, which have their own employees/cleaners.	Lithuanian
Woodworking sector	The woodworking sector is considered as a high-risk sector of economic activities, because many accidents occur in this sector. This OIRA tool covers practically all possible activities and equipment that could be used in woodworking operations. It is important to remember that along with the complex wood processing equipment a variety of chemicals are used for wood coating. Employees may suffer from excessive noise, wood dust, handling, and use of dangerous chemicals, also the risk of the explosions. Therefore, this OIRA tool includes many effective preventive measures to eliminate or reduce risks.	Lithuanian
Car repair	This OIRA tool is suitable for small and medium-sized garages. Car repair work include a lot of different and dangerous working operations, including economic activity, such as body painting, body repair, welding and others.	Lithuanian

Type of industry	Short description of checklist	Language
Working in offices	OIRA tool Working in offices includes practically all the possible work that can be performed in the office. Also very important are psychosocial risk factors, such as stress at work and mobbing.	Lithuanian
Wholesale and retail sales of non-food products	Wholesale and retail sales of non-food products is a complex economic activity because a variety of lifting equipment for heavy loads is used in this sector and so on. This OIRA is developed specifically for those companies which carry out both wholesale trade in warehouses and retail sales in sales markets. It is obvious that the retail trade is a less dangerous activity, because lifting equipment are less frequently used. However, the manual handling of loads is classified as hazardous work and may affect the health of workers and the various spinal diseases because of the lifting heavy loads.	Lithuanian
Psychosocial	This OIRA tool is intended to assist duty holders manage psychosocial risks and outline the possible preventive measures which mitigate against such risks. This tool provides guidance in how complex psychosocial issues can be handled adequately at the place of work.	English
Generic	This generic OIRA tool is intended for micro and small enterprises from all the sectors of the economy. This tool is divided into separate modules, which address different subjects such as occupational health and safety in general, physical agents, chemicals, stress, and manual handling. The tool will help users to identify the risks in one's company and offers measures to deal with them.	English
Office work	This OIRA tool is intended for micro and small enterprises who are in the process of carrying out an assessment of the risks commonly encountered in an office environment. This OIRA tool also refers to the current legal provisions in place. This tool identifies the most common hazardous situations and assists the users to come up with control measures and an action plan to address these risks.	English
Catering	This OIRA tool focuses on the most common occupational health and safety hazards facing workers in the catering industry, such as manual handling, posture, catering equipment / tools, work environment, psychosocial risks e.g. due to increasing work demands, irregular schedules and regular contact with customers. The tool will help users to identify the risks in one's company and offers measures to deal with them. This generic OIRA tool is intended for micro and small enterprises engaged in the catering sector.	English

Malta

Type of industry	Short description of checklist	Language
Working in offices	Working in offices	Maltese

The Netherlands

Type of industry	Short description of checklist	Language
Generic	This generic OiRA tool is intended to micro and small companies from all the sectors. If your sector (organization) has a sector-specific OiRA tool, use your sector specific OiRA tool. This generic OiRA tool will allow you to assess the occupational risks in your business. The questions are grouped by subject / topic and tips are provided to help you improve your work environment. It includes, for instance, preventive measures on topics like occupational health and safety in general, design requirements, physical work, hazardous substances, hazardous situations.	English

Portugal

Type of industry	Short description of checklist	Language
Horticultural Products	Horticultural Products	Portuguese
Bread/Pastry Products	Bread/Pastry Products	Portuguese
Dairy Products	Dairy Products	Portuguese
Meat Products	Meat Products	Portuguese
Working in offices	Working in offices has a wide scope and covers companies from the tertiary sector, as well as from the secondary sector and even the primary sector. This tool deals, among others, with the main hazards/risks in the various work areas; from standing or sitting postures to the use of computers, printers/photocopiers and guillotines. It also addresses the psychosocial and stress risks to which workers might be exposed, the problems associated with emergencies, as well as structural/environmental hazards/risks and occupational safety and health management. The tool allows an assessment of existing risks, suggests measures to be implemented to control these risks and produces an action plan that users can adopt in order to manage health and safety in their office.	Portuguese
Catering	The catering sector is distributed throughout the country and it is mainly made of micro and small companies. This sector has a significant economic and employment importance, especially in the more touristic areas or in those where the concentration of economic activity is greater. This tool deals with the main hazards/risks in the various work areas, from food reception to the dining room, through the kitchen and canopy. It also addresses the problems associated with emergencies, as well as the structural/environmental hazards/risks and occupational safety and health management in the restaurant. The tool allows an assessment of existing risks, suggests measures to be implemented to control these risks and produces an action plan that users can adopt in order to manage health and safety in their restaurant.	Portuguese

Type of industry	Short description of checklist	Language
Car repair	<p>The automotive repair sector is distributed throughout the country and it is mainly made of micro and small companies. It is also a sector very relevant in economic and employment terms. This tool covers the main hazards/risks in the various work areas, including reception, auto mechanics, work on the bodywork, tire replacement and service station. It also addresses the problems associated with emergencies, as well as structural/environmental hazards/risks and occupational safety and health management in the company. The tool allows an assessment of existing risks, suggests measures to be implemented to control these risks and produces an action plan that users can adopt in order to manage health and safety in their company.</p>	Portuguese
Hairdressing	Hairdressing	Portuguese
Leather and tanning	Leather and tanning	Portuguese
Generic	Generic	Portuguese
Road transport	Road transport	Portuguese

Slovenia

Type of industry	Short description of checklist	Language
Butchers	<p>The tool OiRA is meant for butchers and meat processing plants. With OiRA we identify the risks that come with the work place and working environment. OiRA tool for butchers look at cutting, grinding, saws, knives, cold rooms, etc. Included are also psychological risks that come with butchering livestock and harder physical work. The butcher is often exposed to unsuitable micro climate strains like cold, heat, noise, vibrations, unsuitable lighting, etc. Butchers work is also physically hard, because of all the standing, carrying and pushing around heavy objects. The usual injuries are cuts, bruises, and burns from machinery. The employee can get hurt by livestock, or get an infection (biological risk). Work with food requires hygiene, cleaning and frequent disinfection. The purpose of online tool OiRA for butchers is to inform the employees about dangers and how to avoid them. OiRA tool encourages employees to collaborate with employers, report their thoughts, proposals/initiatives how to improve working place, and sharing advices with others.</p>	Slovenian
Painter/Façade	<p>The tool is meant for indoor painters and façade workers, with tasks like painting walls and ceilings, painting of carpenter products, setting wallpapers and insulation, decoration of advertisement spaces and boards, primary protection of products: wood against moist and decay, metal against rust. They work with gear/equipment like paintbrushes, cutting tools, etc. Inside, the risk is drought. Outside, painters and façade workers are exposed to the weather based risks. They often can't avoid filth, foul smell, and toxic paint fumes. Work is usually done standing up or on a ladder. That makes additional risks. The work can be one person or a group, often with longer working hours. The danger is working with toxic substances. The purpose of the online tool OiRA for painters and façade workers is for employees and employers to remind each other of dangers, collaborate, and give each other advice to make a safer workplace for employees.</p>	Slovenian
Car services	<p>Tool OiRA meant for car service includes service maintenance work, repair, and cleaning of vehicles. Work usually takes place in remote workshops or in services of car manufacturers and craftsmen. In addition to usual tools this particular OiRA tool also consider risk within the car body shop activities, work with clients, and field work – car-tow service. From counted working tasks come many risks for workers that are connected with: work in nature (microclimate, dust, noise, paint and fuel fumes), dealing with vehicles, work with elevators, work with dangerous substances, etc. The purpose of online tool OiRA for car services is, for the employer and employee to be reminded of risk, danger and proposes of eliminate these risks. OiRA tool encourages employees to collaborate with employers, report their thoughts, proposals/initiatives how to improve working place, and sharing advices with others.</p>	Slovenian

Type of industry	Short description of checklist	Language
Electricians	<p>This OiRA tool includes the usual work of electrician. Work space of electrician is specific. Work is done outside or in the building, where inside conditions depend on the object being operated. Electrician work encompasses several phases from basic wiring to final assembly. When the tasks are carried out in the unoccupied building, electrician is often exposed to a severe cold and draught. Electrician is exposed to a several risks such as burns caused by electricity, extreme low temperatures, repetitive tasks, heavy lifting, working on heights, chances of eye injury due to the flying objects, slips, falls, dangerous goods and toxic biological substances due to the animal feces. The purpose of the online tool OiRA for painters and façade workers is for employees and employers to remind each other of dangers, collaborate, and give each other advice to make a safer workplace for employees.</p>	Slovenian
Cooks	<p>This risk assessment has been produced in order to assist cooks to do their job safely. Cooks and chefs spend most of the day on their feet, and it is often necessary to lift and carry heavy bags or boxes of ingredients. The commercial kitchen is full of sharp blades and dangerously hot surfaces, so both cuts and burns are commonplace. During a busy shift the floors can become slippery from grease or moisture, creating a slipping hazard. Many of the powerful cleansers, grease cutters and sanitizers used in the industry are toxic and corrosive, presenting health risks of their own when used incorrectly. The cooks are exposed to a wide range of threats such as mechanical hazards (cutting and needle stick injuries), burns, threats of electrocution, etc. An interactive OiRA tool intended for cooks which comprises a basic description of kitchens, encourages cooperation between employees and employers and significantly contributes to improvements in the workplace and working environment.</p>	Slovenian
Tire repair workers	<p>This risk assessment has been produced in order to assist tire repair workers to do their job safely. One of the primary tasks of the tire repair workers are to prepare the car for safe driving, including tire repairs, montages and changing the tubes and tires, as well as balancing wheels. Work tasks contain a selection of tasks, from tire-wheel assembly and disassembly to tire balancing, as well as repair of damaged tires and rims. Workers are exposed to sudden tire cracks or explosions, carrying heavy loads and so on. An interactive OiRA tool intended for tire repair workers which comprises a basic description of the tire repair shops, encourages cooperation between employees and employers and significantly contributes to improvements in the workplace and working environment.</p>	Slovenian

Type of industry	Short description of checklist	Language
Parquet workers	<p>This risk assessment has been produced in order to assist parquet workers to do their job safely. Parquet workers tasks relate to the flooring laying and other floor coverings made of wood and wooden materials. A parquet worker uses a number of tools and equipment such as hammers, saws, rotating drums and the circular grinding machines and a vacuum cleaner which all pose several risks. An interactive OiRA tool intended for parquet workers comprises a basic description of hazards in the workplace. It encourages cooperation between employees and employers and significantly contributes to improvements in the workplace and working environment.</p>	Slovenian
Metal workers	<p>This risk assessment has been produced in order to assist metalworkers to do their job safely. Metal workers are exposed to different hazards like mechanical hazards, extreme temperatures (liquid metal), recurring tasks, lifting heavy loads, the dangers of airborne particles, the risk of electrocution, frequent slips and falls. They are exposed to the hazardous substances and biological agents. An interactive OiRA tool for metalworkers comprises a basic description of the risks to which metal workers are exposed during their work. With this and the proposed measures to reduce risks, the OiRA tool for metal workers encourages cooperation between employees and employers. This OiRA tool was designed to promote health in the workplace, with the combined efforts from employers, workers and society as a whole to improve the health and well-being in the workplace. Employers are responsible for its implementation.</p>	Slovenian
Roofers	<p>This risk assessment has been produced in order to assist those who have a legitimate need to access and/or work on a roof to do so safely. Roofers' basic work activity is to cover roofs with various roofing materials. Their work varies depending on whether they cover the roof on a new building, which is still under construction, or they replace the roof on an existing building. The main risk to which the roofers are constantly exposed is to fall off the roof. An interactive OiRA tool for roofers comprises a basic description of the risk posed to the roofer. With this and the proposed measures to reduce the risk, the OiRA tool encourages cooperation between employees and employers. The OiRA tool for roofers brings the description and identification of the general risks involved in carrying loads, working at heights, on job sites documents for work and so on. Additional modules are about working at heights and roof treatment while working at height, roof work, work on the roof with a slopes greater than 60° and the roofs with the non-load bearing roof structures.</p>	Slovenian

Type of industry	Short description of checklist	Language
Offices cleaning	<p>Cleaning is a job to be implemented in all industries and in public places and business premises. In general, it means cleaning floors and other surfaces, including washing floors, dusting, vacuuming, polishing floors and work surfaces as well as other tasks, such as removing trash, waste water disposal and similar. Frequently, cleaning tasks take place outside regular working hours, including in the early morning, late evening or at night. Some cleaning operations are specialised only for cleaning windows, facades, industrial plants, means of transport (trains, planes, buses, etc), premises and equipment in health care and cleansing effects of disasters such as fires, floods and the like. Workers are exposed to dangerous substances, the risk of electrical currents, manual handling of loads, stress, as well as violence by third parties and sexual harassment.</p>	Slovenian
Shop workers	<p>The OiRA tool for shop workers deals with general and specific risks at work. This risk assessment contains proposed solutions reduce or eliminate the risks. All requirements, listed in the OiRA tool, are linked to legislation.</p>	Slovenian
Carpentries	<p>The woodworking industry has one of the highest rates of accidents in the manufacturing sector. The reasons are largely the result of workers interacting with various sets of tools and equipment. Carpenter work requires normal physical and mental capability with an emphasis on skills of hands and fingers, muscle sensitivity and pressure sensation on feet, hands and fingers. Carpenters work with the coordination of hands and fingers and must be able to concentrate in dangerous situations with a rapid understanding and reaction to signals and sounds. Occasionally, they work at height and in forced positions. Because of the potential harm caused by excessive noise, dust, fumes, glues, paints, thinners and hardeners periodic medical check-ups are required. The OiRA tool for carpenters deals with general risks with an emphasis on chemical safety and the safety of work equipment - machinery and equipment (maintenance of machines, control systems, etc.). This risk assessment contains proposed solutions to reduce or eliminate the risks. All requirements, listed in the OiRA tool, are linked to legislation.</p>	Slovenian

Type of industry	Short description of checklist	Language
Working in offices	<p>Like any job, working in an office environment can be dangerous. Statistics show that even in offices many workers can be injured or get ill. Risks are mainly due to an inadequate working environment, improperly installed work equipment and the like. Working with computer equipment is increasingly complex and often beyond normal working hours. This tool addresses the general risks at work in the office does not deal with various specific features which are associated with different working and organizational procedures.</p>	Slovenian
Construction	<p>From the occupational safety and health perspective, working in the construction industry is among the most risky. The reasons are mainly based on the fact that the work is performed at the work environment where the situation is constantly evolving in terms of both the performance of work activities, the number of participants, work at different levels (at height, excavations, tunnels), transport (horizontal, vertical) as well as in very changing weather conditions (heat, cold, wind, rain, snow). During construction work, workers are exposed to health damage risks, such as diseases related to asbestos exposure, back pain, vibration disease (white finger syndrome), and skin ulcers due to the use of hazardous substances like cement. The OiRA tool for construction workers deals with general risks with an emphasis on chemical safety and the safety of work equipment, slipping, tripping, falls from heights, exposure to dangerous substances, the risk of electrical current, manual handling of loads, stress, violence and so on. This risk assessment contains proposed solutions to reduce or eliminate the risks. All requirements, listed in the OiRA tool, are linked to legislation.</p>	Slovenian
Bakeries	<p>Bakers work in manufacturing facilities that produce bread, pastries, and other baked products. Bakers' work is demanding and relatively difficult. It is very often exposed to various dangers and risks of rotating tools and moving parts, burns from cooking and heating liquids. Bakers work with their hands or fingers and are occasionally exposed to extreme heat or cold while working outside or in cold storages. Work is continuously performed in artificial light at high temperatures and humid fluctuations with the presence of fine particles (flour, sugar powder) and excessive noise. The OiRA tool for bakers deals with general and specific risks at work. This risk assessment contains proposed solutions to reduce or eliminate the risks. All requirements, listed in the OiRA tool, are linked to legislation.</p>	Slovenian

Type of industry	Short description of checklist	Language
Road transport	<p>The OiRA tool is intended to tackle drivers in the road traffic activities and to lead the employer through the basic occupational, safety and health requirements, including the choice of equipment - truck, manipulating with cargo, safe driving and handling with documentation. This risk assessment contains proposed solutions to reduce or eliminate the risks. All requirements, listed in the OiRA tool, are linked to legislation.</p>	Slovenian
Hairdressing	<p>A hairdresser's tasks are very diverse and can vary from cutting, colouring and styling hair, beards and mustaches. While carrying out their job, hairdressers use a plethora of accessories and tools made of different materials, including scissors, combs, hairbrushes, razors and hair cutting machines, hair winders, soaping brushes, sprayers, hair sprays, toilet water, shampoos, hair strengtheners and colours. Most hairdressers have a broad range of skills, but some others specialise in processes. Hairdressing work requires good physical skills. The OiRA tool for hairdressers deals with general risks with an emphasis on chemical safety and skin protection. This risk assessment contains proposed solutions to reduce or eliminate the risks. All requirements, listed in the OiRA tool, are linked to legislation.</p>	Slovenian

Spain

Type of industry	Short description of checklist	Language
Private security	Slips and trips accidents, violence of all types, back pain and other work-related health problems lead to private security guards being victim of work-related accidents or reporting temporarily inactive for certain periods of time. This is not a favorable situation for private security guards, private security companies and customers. Private security guards are involved in preventing all types of risks and in serving the security of people, premises, processes and goods. Hence, necessary measures must be taken to guarantee their own health and safety. This OiRA tool has been developed based on the tool of the EU agreed with EU sectorial social partners.	Catalán
Hairdressing	In most hairdressing salons, everything is geared around the client. Sometimes hairdressers disregard their own health, leading to health problems such as hairdresser eczema or wrist, neck and shoulder complaints. This often forces them, even while still very young, to abandon the profession. "OiRA peluquerías" has been developed taking as an example "OiRA Hairdressers" tool, which has been developed under the supervision of the social dialogue partners: Coiffure EU (employers) and UNI Europa Hair and Beauty (trade unions). The content is based on European legislation and particularly on the provisions of the European framework agreement on the protection of occupational health and safety in the hairdressing sector.	Catalán
Driving schools	The tool allow companies within the sector to assess the risks of their workers. It is oriented towards driving schools and it is very easy to use.	Spanish
Leather and tanning	Tanneries have important risks that must be controlled to ensure the protection of workers. These risks are of various types such as: the use of heavy machinery, the use of manual cutting tools or chemicals during tanning and bleaching. Workers often have to manually manipulate skins and hides and the workplace and storage area is often wet. Developed and adapted to Catalan, as support for small and medium companies.	Spanish

Type of industry	Short description of checklist	Language
Hairdressing	<p>In most hairdressing salons, everything is geared around the client. Sometimes hairdressers disregard their own health, leading to health problems such as hairdresser eczema or wrist, neck and shoulder complaints. This often forces them, even while still very young, to abandon the profession. The content is based on European legislation and particularly on the provisions of the European framework agreement on the protection of occupational health and safety in the hairdressing sector.</p>	Catalán
Private security	<p>Work in the private security sector goes along with plenty of risks, such as slips, trips and falls and violence of all types lead to private security guards being victims of work-related accidents or reporting temporarily inactive for certain periods of time. This is not a favourable situation for private security guards, private security companies and customers. Private security guards are involved in preventing all types of risks and in serving the security of people, premises, processes and goods. Hence, necessary measures must be taken to guarantee their own health and safety.</p>	Spanish
Leather and tanning	<p>Tanneries have important risks that must be controlled to ensure the protection of workers. These risks are of various types such as: the use of heavy machinery, the use of manual cutting tools or chemicals during tanning and bleaching. Workers often have to manually manipulate skins and hides and the workplace and storage area is often wet. Developed and adapted to Catalan, as support for small and medium companies.</p>	Catalán

Risk assessment tools from other resources (by country)

Country	Source	Type of industry
Denmark	<p>Workplace Denmark- a collaboration between:</p> <ul style="list-style-type: none"> The Danish Working Environment Authority Ministry of Employment The Danish Agency for Labour Market and Recruitment The tax authorities Labour Market Insurance 	<ul style="list-style-type: none"> Agriculture, forestry and horticulture Building and construction Kitchen Cleaning
Iceland	<p>Administration of Occupational Safety and Health</p>	<ul style="list-style-type: none"> Small enterprises
Sweden	<p>Prevent: a non-profit organization owned by the Confederation of Swedish Enterprise, The Swedish Trade Union Confederation and PTK: the council for negotiation and cooperation (a joint organization of 27 member unions)</p>	<ul style="list-style-type: none"> Office Manufacturing Ambulance service Construction industry Working in pharmacies Working in closed areas Work in confined spaces Bakeries and konditories

Country	Source	Type of industry
Sweden		<p>Lighting</p> <p>Alarm central</p> <p>Parking wards</p> <p>Public environments</p> <p>Surveillance work – patrolling shifts</p> <p>Surveillance work – stationary shifts</p> <p>Surveillance work – apartment buildings</p> <p>Surveillance work – security control</p> <p>Surveillance work – cash depot</p> <p>Surveillance work – money transfer</p> <p>Vdu work</p> <p>Dental laboratories</p> <p>Scaffolding</p> <p>Retail</p> <p>Veterinary care</p> <p>Working alone</p> <p>Specialty retail</p> <p>French Stylists - Working with Cyanoacrylate Adhesives</p> <p>Freezer room</p> <p>Milling machine</p>

Country	Source	Type of industry
Sweden		Occupational health care Healthcare services Foundry –general Foundry – production Graphic production Ports – general Ports – container area Sewing Home care services Threats and violence Brazing Thermoset plastic manufacturing Equine industry Pressure washing IT- development processes IT – improvement processes Collection and transport of household waste Collection and transport of sorted waste Checkout register Chemicotechnic industry

Country	Source	Type of industry
Sweden		Refrigeration - installation Refrigeration – service Refrigeration – service car Meat, cured meat and delicacies Storage house Storage house – e-trade Agriculture – general Agriculture – poultry Agriculture – pigs Agriculture - machinery Agriculture - cattle Agriculture - tractors Working with lasers Working with glue Noise in the preschool environment Manual lifting, pushing and pulling heavy loads Medical laboratories Chainsaws and brushcutters Healthcare reception Painter

Country	Source	Type of industry
Sweden		<p>Painter - workshop</p> <p>Nail therapists – working with chemicals</p> <p>Drill press</p> <p>Plastic industry</p> <p>Private dental care</p> <p>Reception</p> <p>Repetitive, highly controlled or monotonous work</p> <p>Restaurants and kitchen</p> <p>Physical environment in theaters</p> <p>Physical environment for dancers</p> <p>Physical environment for musicians</p> <p>Physical environment for actors</p> <p>Physical environment for singers</p> <p>Physical environment for theater technicians</p> <p>Physical environment for workshops in theaters</p> <p>Forestry</p> <p>Work with chainsaw and clearing saw</p> <p>Mechanical harvesting and terrain transport</p> <p>Educational institutions</p> <p>Slaughterhouses and meat industry</p>

Country	Source	Type of industry
Sweden		<p>Woodwork</p> <p>Spray painting</p> <p>Cleaning</p> <p>Welding</p> <p>The workplace</p> <p>Protection</p> <p>Chemical products and transport</p> <p>Welding workshops (5 sub-sections)</p> <p>Sawmill (10 sub-sections)</p> <p>Roof work</p> <p>Driving instructors</p> <p>Janitors</p> <p>Reception of goods</p> <p>Ventilation installation</p> <p>Plumbing installation work (3 sub-sections)</p> <p>Plumbing isolation (9 sub-sections)</p> <p>Drivers</p> <p>Trucks and busses</p> <p>Taxi</p> <p>Elderly care</p>

Country	Source	Type of industry
UK	The Health and Safety Executive	<p>Several checklists including:</p> <ul style="list-style-type: none"> - Classrooms - Offices - Shops - Charity shops - Food preparation - Factories - Warehouse - Office cleaning
Ireland	The Health and Safety Authority	<p>BeSMART.ie - A Free Online Risk Assessment and Safety Statement Tool for Small Business – adaptable to several types of different industries</p>

Occupational pain legislation

This section will focus on the legislation relating to protecting workers against work-related pain. In its OSH legislation, the EU proposes minimum requirements Workplace minimum requirements and EU OSH legislation. It is mandatory for the member states of the EU to implement these basic principles of safety management into their national legislation. The overall aim is to secure that the minimum requirements of are met and thereby improving the working environment, by guaranteeing a better standard of safety and health protection. As evident by the links below, the laws on occupational safety and health differ across countries although they also have similarities. Each member country, can propose stricter rules as long as they implement the minimum requirements posed by the EU. An overview of the legislation on Occupational safety and health for 32 European countries can be found via an online resource (see [link](#)) or by clicking the links below

Occupational systems at national level in 32 European countries

Austria	Bulgaria	Cyprus	Denmark
France	Greece	Iceland	Italy
Luxembourg	Netherlands	Portugal	Slovenia
Sweden	United Kingdom	Norway	Romania
Belgium	Croatia	Czech republic	Finland
Germany	Hungary	Ireland	Lithuania
Malta	Poland	Slovakia	Spain
Switzerland	Estonia	Latvia	Cyprus*

*strategy of Cyprus for safety and health at work during the period 2013-2020

EU projects overlapping with Prevent4Work

Project 1: IMproving Occupational Safety & Health in European SMEs with help of simulatiON and Virtual Reality

IMOSHION: Grant agreement ID: 243481

The project objectives were:

1. To improve access to information related to OSH regulation and to support the training of employees in OSH through an “OSH knowledge and learning management system”
2. To help SMEs improve their reaction to critical OSH issues by use of a “workplace simulation tool”
3. To make users of machine equipment aware of OSH issues related to production and maintenance by use of an ‘immersive training and learning tool”
4. To design OSH sound work environments by use of “work station and work place planning tools”.

Project 2: Personalised Body Sensor Networks with Built-In Intelligence for Real-Time Risk Assessment and Coaching of Ageing workers, in all types of working and living environments

BIONIC: Grant agreement ID: 826304

The overall objective is to develop a holistic, unobtrusive, autonomous and privacy preserving platform for real-time risk alerting and continuous coaching, enabling the design of workplace interventions adapted to the needs and fitness levels of specific ageing workforce. Gamification strategies adapted to the needs and wishes of the elderly workers will ensure optimal engagement for prevention and self-management of musculoskeletal health in any working/living environment.



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