

# Aspects affecting musculoskeletal diseases workers - poster

*(Section: Social and Occupational Ergonomics)*

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**Introduction:** Nowadays, more and more employers and employees are faced with a breakthrough in musculoskeletal disorders, or Musculoskeletal Diseases. In the European Union, this is the most common disease-causing worker.

**Object:** In our poster, we would like to focus on aspects that affect workers to the extent that they may be harmful to the health of workers with an emphasis on the musculoskeletal system. We will present examples of good practice and possible remedial measures directed at both employers, employees and occupational medicine. Damage to health in the locomotor system can generate high costs for employers, but in particular it can damage employees irreversibly, both in economic and social-social terms. Prevention measures are absolutely invaluable in this area and need not be particularly costly and organizationally demanding. If employers within the corporate culture adopt modern ergonomic approaches that are in line with the rationalization of the working environment, they will limit the work at a forced pace, stressful situations in the workplace, reduce the non-physiological position of workers to a minimum and many other basic conditions, so the accident rate of employees and incapacity for work can significantly decrease. At the same time, employees should take care of their health at work, requiring adaptation of the workplace, adherence to climatic-physical conditions in the workplace, and reducing mental stress. Employers



Tento výsledek byl finančně podpořen z institucionální podpory na dlouhodobý koncepční rozvoj výzkumné organizace na léta 2018–2022 a je součástí výzkumného úkolu **V01-S4 Výzkum ergonomických aspektů v kontextu moderních přístupů a změn na pracovištích pro prevenci muskuloskeletálních onemocnění**, řešeného Výzkumným ústavem bezpečnosti práce, v. v. i., v letech 2019–2021.

should, if the nature of the work permits, provide workers with the opportunity to stretch at the workplace, relax their lumbar and cervical spines, and look back from the display. As part of employee care, employers can organize development courses for working with mental stress, stressful situations, stress management, resistance and resistance to stress.



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