



# Prevention of MSD Strategies

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# Background

- MSDs are the most frequent source of sickness absence and permanent disability in Norway.
- The Norwegian Labour Inspection Authority has designated work related MSDs to be prioritised for the next four years, 2008-2011.



## Aim

The Norwegian Labour Inspection Authority wants the numbers of companies, who systematically prevent work-related MSDs, to increase



# Strategies

- Increase the numbers of supervisions at high risk workplaces
- Increase knowledge about the multifactorial causality of work-related MSDs
- Further development on methods and inspection-tools
- Communicate knowledge and know-how about prevention of MSDs and health promotion activities



# Roles and responsibilities

- The Labour Inspection Authority encourages enterprises to work systematically towards compliance with the working environment laws and regulations
- This is done by supervisions, guidance and information
- Our activities are carried out through campaigns and projects



# Duties of the employer

- The employer is responsible for complying with the requirements of the Working Environment Act
- ..and for ensuring that the enterprise maintains a healthy and safe working environment.
- The companies are obliged to do **risk-assessments** and make an **action plan** on how to prevent MSDs and how to rehabilitate employees suffering from musculoskeletal pain.

The Agency's contribution is mainly to be done by **supervisions, guidance and information**



# **Rett belastning**

## **Lighten the Load, Norway 2007**

The main project goals were better compliance with national provisions in order to reduce musculo-skeletal disorders and improving the inspection and communication methods of the labour inspectors.



# Focus

- Ongoing activities to prevent MSDs
- "Good practise"
- Action Plan
- Risk Assessment
- Information given and material handed out



## Project results

- More than 40 percent of the inspectors took part in training.
- 312 inspections were carried out.
- 80 percent of the airports were covered.
- 7 out of 10 inspections resulted in interventions.
- Several information activities took place.



# Projects in different sectors

- Transport
  - Ex: Delivering of goods and access to warehouses/storerooms
- Construction
- Home for sick and elderly
- Home care
- Mining industry
- Hotels & Restaurants
- Aquaculture



## More information

[www.arbeidstilsynet.no](http://www.arbeidstilsynet.no)