



Work related MSDs in Estonia

Argo Soon
Estonia



Piece of statistics

What do we see

- Occupational MSDs per 100 000
 - 25 in 2001
 - 16 in 2005
- MSDs caused by work
 - none in 2001
 - 66 in 2005
- Risks of MSD present
 - in 90% of workplaces
 - no prevention plans in most of cases



Behind those numbers

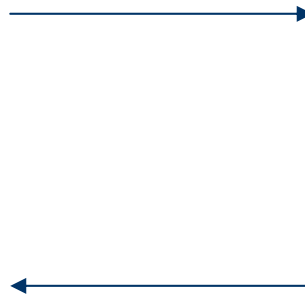
- Worker themselves
 - Do not care
 - Think, it is not serious
 - Think it'll overcome by itself
 - Have a fear of
 - Getting bad reputation
 - Losing job
- OHS specialists and
- Employers
 - Choose easier way:
 - Ignore the problem

Example 1: PC worker

Traditional office chair
-> backache



Exercise ball at PC worksite
-> pain in wrist





Why so?

The PC worker actually needs:

- Some knowledge about risks at work
- A OHS specialist
 - to be contacted if problems arise
 - who improves workplaces before that

Example 2: dressmaker

- Got aching back and shoulders



- Decision of Occupational Health physician:
- Worker can continue work but has to avoid
 - forward-bended position
 - repetitive movements
- But how????

(have you ever seen a dressmaker?)



Proposition for problem solving

- Bring OHS physicians to workplaces
- Avoid uneducated/not motivated OHS specialists
- Advice to employer and employee:
 - adjust work load (working time, tasks)
 - apply physiotherapy, preventive exercising

Example 3: medical check-up

An employer sought OHS provider to do medical check-up of office workers

Measurements of

- Height
- Weight
- Blood pressure
- Blood sugar etc



Maybe also this one?





How to improve?

How to avoid silly service provider?

○

○ State should play more role

- More strict rules:

- Guidelines, standards
- Accreditation

- Market regulation

- State-owned services
- Regulation of fees?

○ Wiser employers or

○ Network of advisors (to be developed)



Conclusions

- Problems with MSDs occur often and
- at any level:
 - State
 - Employer
 - Employee
 - OHS service provider
- What can TUs do?
 - Encourage training of safety reps
 - More active discussion with social partners
 - Better communication with partners abroad