



pain is the most frequently reported reason for hairdressers to leave the trade. The presentation will focus on knowledge on causal relationships between repetitive work and work with the arms lifted and the occurrence of upper limb disorders. Based on this knowledge, recommendations for reducing the risk is suggested.

PROF. EVA SKILLGATE

Prof. Eva Skillgate, associate professor in Epidemiology at the Musculoskeletal and Sports injury epidemiology center, Institute of Environmental Medicine, Karolinska Institutet, Sweden

„Survey of health and work environment in hairdressers in Sweden“

The Musculoskeletal & Sports Injury Epidemiology Center (MUSIC) at Karolinska Institutet, Sweden, researches risk, prognosis, diagnosis, treatment and rehabilitation of musculoskeletal pain, with a focus on back and neck pain. Prof. Skillgate will present the results of a survey of the health and work environment in hairdressers in Sweden-performed in the spring 2017. The result of this survey will be the base for a prospective cohort study aiming to identify risk factors for musculoskeletal pain in hairdressers. The rationale for these studies will be presented and discussed with the audience.

SABINE SCHOENING, DIPL.-PÄD.

Divisional Manager Health Education, Head of Studio78, Germany

BJÖRN TEIGELAKE, M.A.

Quality Management Officer, Health Coach, Germany

„Fit throughout the job – making ergonomics perceptible“

The Studio78 is an educational training range for the hairdressing sector maintained by the German Social Accident Insurance Institution for the Health and Welfare Services (BGW). Various aspects of prevention are made perceptible here with innovative concepts of approaching students and professionals. This presentation will use a variety of materials to demonstrate examples for the implementation of ergonomics in the hairdressing salon. A special emphasis will be put on the resource-orientation of the concept.

MATHIEU VERBRUGGHE

Ph.D., Mathieu Verbrugghe, Ph.D., researcher Mensura, Belgium

„Medical surveillance of hairdressers – The approach and experience in Belgium“

This presentation will elaborate on the legal aspects of the occupational health and risk assessment of hairdressers in Belgium. Next, the figures of the periodic medical examinations of hairdressers executed by Mensura (the largest Occupational Health Service in Belgium) and the Belgian figures of occupational diseases of hairdressers will be presented with an emphasis on the ergonomics.

BRIAN SUHR

International education coordinator Davines, Italy

„Wellness for hairdressers“

Davines is an Italian product company that offers professional education for their clients. They offer sustainable beauty to the professionals in the hairdressing industry and to their clients. Part of the sustainability is to inspire the professionals to be more aware of their health during their work. Different health topics have been developed and are on offer to clients during Davines' seminars.

LORENZO MUNAR

Project Manager, Prevention and Research Unit, European Agency for Safety and Health at Work, Bilbao, Spain

„Improving OSH in micro and small companies/hairdressing salons“

Given the significant role that MSEs play in society, as well as in the EU economy, the importance of effective means to prevent harm to the safety and health of workers in these firms is apparent. Effective occupational health and safety (OSH) management in MSEs is essential to ensure both the well-being of workers and the long-term economic survival and competitiveness of these enterprises. At EU and national level initiatives are taken to improve OSH among MSEs. The main challenges/success factors have already been identified. In this presentation the first findings of the SESAME project (addressing these issues) will be shared. The presentation will finish with some more practical information regarding the hairdressing sector (practical initiatives/actions planned) and some examples of good practice.

DR. SONJA FREITAG

German Social Accident Insurance for the Health and Welfare Services (BGW), Department for Occupational Medicine, Hazardous Substances and Public Health, Germany

„Research on Hairdressers – Tasks, Postures and their link with MSD“

The German Social Accident Insurance for the Health and Welfare Services (BGW) performed three consecutive research projects on hairdressers and MSD in recent years. In a pilot study a task assessment was carried out to gain an overview of frequency and duration of individual tasks and the related body postures. The second step was the implementation of a special, customised measurement system (CUELA) to collect and analyse exact data of joint angles, static postures and repetitive tasks during a hairdresser's workflow. Finally, the prevalence of musculoskeletal disorders in all body regions was determined in nearly 900 hairdressers in Germany. Dr. Freitag will present the result of these three studies and give an insight into the complex, but in practice useful measurement system CUELA.



coiffureEU



Development and promotion of a healthy and safe working environment through the design of ergonomic workplaces and work processes in the hairdressing sector

Thursday 12 October 2017

9:00–9:30

Registration

9:30–9:45

Welcome

Stéphane COIGNÉ,
President UBK/UCB, Belgium, Coiffure EU

9:45–12:15

Presentations

9:45–10:05

„Occupational accidents and occupational musculoskeletal diseases in hairdressers – an analysis of German insurance data“

Prof. Dr. Albert NIENHAUS,
University Medical Centre Hamburg-Eppendorf (UKE), Germany

10:05–10:15

Questions

10:15–10:20

„Introduction to the French prevention policy“

Jacques MINJOLLET,
AG2 La Mondiale, Les Institutions de la Coiffure, France

10:20–10:35

„Sensitizing the young generations“

Pascale SAURET,
ESO FORMATION, France

10:35–10:45

Questions

10:45–11:00

Coffee break

11:00–11:20

„Musculoskeletal diseases in hairdressers – a literature review on risk factors, preventive measures and concepts of rehabilitation“

Prof. Dr. Albert NIENHAUS, UKE, Germany

11:20–11:30

Questions

11:30–11:50

„Towards a durable health policy in hairdressers“

Christian OUILLET,
VITAL CAMPUS, France

11:50–12:00

Questions

12:00–13:30

Lunch break

13:30–13:50

„The risk of pain and disorders in the neck, shoulders and hands when performing repetitive work“

Jane Frølund THOMSEN, Ph.D.,
Bispebjerg University Hospital, Denmark

- 13:50–14:00 **Questions**
- 14:00–14:20 „Survey of health and work environment in hairdressers in Sweden“
Prof. Eva SKILLGATE,
Karolinska Institutet, Sweden
- 14:20–14:30 **Questions**
- 14:30–14:50 „Fit throughout the job – making ergonomics perceptible“
Sabine SCHOENING,
*Dipl.-Päd.; Björn TEIGELAKE, M.A., German Social
German Social Accident Insurance for the Health and
Welfare Services (BGW), Germany*
- 14:50–15:00 **Questions**
- 15:00–15:15 **Break**
- 15:15–15:45 „Medical surveillance of hairdressers – The approach and experience in Belgium“
Mathieu VERBRUGGHE, *Ph.D.,
Mensura, Belgium*
- 15:45–16:05 „Wellness for hairdressers“
Brian SUHR,
Davines, Italy
- 16:05–16:15 **Questions**
- 16:15–16:45 „Improving occupational health and safety (OSH) in micro and small
companies/hairdressing salons“
Lorenzo MUNAR,
European Agency for Safety and Health at Work, Spain
- 16:45–16:55 **Questions**
- 16:55–17:00 End of the day, Shuttle Service to Hotel and
- 19:00 **Evening programme**

Friday 13 October

- 9:00–9:10 **Welcome**
- 9:10–9:40 „Research on Hairdressers – Tasks, Postures and their link with MSD“
Dr. Sonja FREITAG,
*German Social Accident Insurance for the Health and
Welfare Services (BGW), Germany*
- 9:40–10:40 Discussion in small groups
- 10:40–11:00 **Coffee break**
- 11:00–11:30 Discussion in small groups
- 11:30–12:45 Results and recommendations
- 12:45–13:00 Official farewell
- 13:00 **Lunch break/end of the workshop**
- 13:00–15:00 *Only for the members of the steering group:*
steering group meeting: evaluation and feedback
(during the lunch)

Host:
University Medical Center, Center of Excellence for Epidemiology and Health Services Research for Healthcare Professions (Germany) – partner of the project
The workshop takes place at the **Steigenberger Hotel Hamburg**, Heiligengeistbrücke 4, 20459 Hamburg,
<https://www.steigenberger.com/hotels/alle-hotels/deutschland/hamburg/steigenberger-hotel-hamburg>

Hotel accommodation:
Ibis Hotel Hamburg, Alster Centrum, Holzdamm 4–12 + 16, 20099 Hamburg
<http://www.ibis.com/de/hotel-1395-ibis-hamburg-alster-centrum/index.shtml>

A bus shuttle service is provided for transport between the workshop venue and the accommodation.

An evening event is organized for Thursday, 12. 10. 2017, costs will be covered by the Statutory Accident Insurance Institution BGW.

The Experts and their presentations

PROF. DR. ALBERT NIENHAUS

Director of the Competence Centre for Epidemiology and Health Services Research for Healthcare Professionals (CVcare) at the University Medical Centre Hamburg-Eppendorf (UKE), Germany
„Occupational accidents and occupational musculoskeletal diseases in hairdressers – an analysis of German insurance data“
„Musculoskeletal diseases in hairdressers – a literature review on risk factors, preventive measures and concepts of rehabilitation“
Prof. Nienhaus will present recent data (2012–2016) from the German Social Accident Insurance for the Health and Welfare Services (BGW) on occupational accidents, workrelated traffic accidents and occupational diseases, which insures the majority of hairdressers in Germany (e.g.). In his second presentation he will present results of a systematic literature review on risk factors, preventive measures and concepts of rehabilitation.

JACQUES MINJOLLET

AG2 La Mondiale, Deputy Director to the Director General
Introduction on the French prevention policy

PASCALE SAURET

President of ESO FORMATION, France. Specialises in training programmes in schools and apprenticeships. She facilitates training programmes on sustainable development and vocational diseases in the hairdressing sector (musculoskeletal diseases and respiratory and cutaneous allergies).
„Sensibiliser les jeunes generations“
Generating awareness among younger generations about the prevention of musculoskeletal diseases and the risks of allergies is a major challenge for the industry. We will present the background to the training programme as well as the messages and teaching aids that we use.

CHRISTIAN OUILLET

Executive Manager of VITAL CAMPUS, France. Specialist in policies on prevention, health and hygiene in the workplace as well as diet, exercise and sleep.
„Pour une politique de santé durable dans les salons de coiffure“
Implementing a sustainable health policy for hairdressers is the best opportunity to ensure that salons can count on employees in excellent condition able to evolve in a pleasant work atmosphere and with a positive mindset. By so doing hairdressers can optimise their capabilities, produce better results, acquire a greater resistance to stress and pressure which will in turn reduce the number of people having to take sick leave as well as reducing the risk of work accidents in the salons.

JANE FRØLUND THOMSEN

Consultant Ph.D., Head of Department, Department of Occupational and Environmental Medicine, Bispebjerg University Hospital, Copenhagen, Denmark
„The risk of pain and disorders in the neck, shoulders and hands when performing repetitive work“
There is an un-going debate about the risk of disorders of neck, shoulders, arms and hands in repetitive work and in work with lifted arms. Hairdressers have a high prevalence of reporting pain in the upper limbs, and musculoskeletal