JEM-estimates will allow for quantitative exposure-response association assessments between long-term occupational exposure and cancer mortality.

Poster Presentation

Occupational Medicine (SCOM/Modernet)

0250

NECK AND UPPER LIMB COMPLAINTS IN HEALTH WORKERS: A WARNING OF MENTAL STRAIN, OR JUST A MECHANICAL PROBLEM?

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Background MSDs are the most prevalent work-related diseases in the European Union (EU). Developmental pathways of these health problems are known to be related to physical and psychosocial working conditions

Objectives and Methods This study aimed to describe physical and psychological risk factors involved in the appearance of neck and upper limb MSDs in workers.

A survey was conducted in health workers of the La Rioja Regional Department of Health (Spain) (n=3939) using an observational design. Over a 12 month period, all health workers from this Department who used the Occupational Medicine Service for neck and upper limb pain and discomfort were invited to participate. Finally, a total of 707 health workers were recruited for the survey. Information on workplace exposure to physical and psychological risks was collected using three different tools: the Standardised Nordic Musculoskeletal questionnaire, the Siegrist's and a self-reporting questionnaire (drafted ad hoc and validated prior to administration) to gather socio-demographic and occupational variables.

Results and conclusions A high prevalence of neck and upper extremity symptoms has been found among our sample (73.55%). The most common location was neck (65.77%). Being a female worker with high physical workload, low career progress and over-involvement at work was configured as a risk profile. The studied symptoms were highly predicted by the existence of work stress and effort-reward imbalance. Therefore, medical doctors should be aware of what may be behind of these complaints, as they could be a warning of underlying mental strain and potential exposure to psychosocial risks.

Poster Presentation

Musculoskeletal

0251

A TWENTY-TWO YEAR LONGITUDINAL STUDY OF WORKERS EXPOSED TO HAND-HELD VIBRATING TOOLS

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Background Excessive use of hand-held vibrating tools can lead to hand-arm vibration syndrome (HAVS), which is composed of vascular, neurological and muscular components. Typical symptoms are vasospasm of the fingers induced by cold, loss of sensitivity, tingling and paresthesia, and impaired hand function.

Moderate exposure may lead to less serious vascular and neurological symptoms.

Objectives The objectives were to evaluate different aspects of hand function in workers with current and previous exposure to vibrating hand tools, taking into account the possible effects from life-style habits such as tobacco and alcohol consumption.

Subjects and Methods Forty workers who had been employed in a specialised engineering and construction company, were tested with a test-battery together with a clinical examination in 1994. The company was shut down in 1999. The workers were retested in 2016/2017, more than 22 years after the first/baseline testing. Age at last examination was 60.7 years (44.6 to 77.8 years). They were examined with a test-battery comprising Vibrometer, Water plethysmograph, Tremor Pen from CATSYS, Grooved Pegboard, Finger Tapping Test, Hand Dynamometer and Pinch Grip.

The workers were interviewed about their work history, health complaints and life-style factors like alcohol consumption and smoking habits. Their exposure history was assessed as acceleration x lifetime exposure.

Biological samples (Carbohydrate-deficient transferrin (CDT), glycated haemoglobin (HbA1c), cotinine, nicotine) were collected on the day of examination.

Results The data collection was finished by ultimo March 23rd 2017. Data analysis has started, and results from the project will be presented.

Oral Presentation

Other

0252

THE LEGACY OF IN SITU ASBESTOS CEMENT ROOFS IN SOUTH AFRICA

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