continue working despite pain. Very little is known about the factors contributing to or compromising the likelihood of these workers staying at work with pain.

**Methods** An interpretive descriptive method was used to explore factors associated with staying at work with pain. A transdisciplinary conceptual model was created, based on literature from the fields of work rehabilitation, ergonomics and demographics. Semi-structured individual interviews were conducted. Inclusion criteria were: blue collar workers, musculoskeletal pain (excluding cancer pain) for 6 months or more, and working 28 hours weekly or more. Analysis was performed using themes from the conceptual model; intra- and inter-case analysis was conducted using qualitative data analysis software.

**Results** Fifteen participants (7 women) were included, ages 55–70. They ranged from self-employed individuals to employees of large organisations, with half of them working in the private sector. Although all participants mentioned the importance of financial factors in their decision to stay at work, they did not generally consider it the main reason. For most, the perception of being useful, having peer recognition and feeling that work contributes to health were essential drivers for staying at work. Flexibility at work was deemed essential by all but took various forms.

**Discussion** This study identified, for the first time, both personal and work-related factors associated with working in the presence of pain. These results will help in developing better strategies to keep ageing workers at work.

**Abstracts**

**800 IS THERE AN INFLUENCE OF E-MAIL REGULATIONS ON THE PERCEIVED ACCESSIBILITY OF EMPLOYEES?**


**Introduction** The accessibility of employees beyond normal working time has increased considerably through the digitization of work and the use of digital media. The extent to which the resulting flexibility has an impact on the employees' health and whether a limitation might be helpful has not yet been clarified.

**Methods** Within the framework of a collaborative project ('RegioKMUnet'), funded by the German Federal Ministry of Education and Research this is examined among 12 small and medium-sized enterprises by means of psychological risk assessment (paper and online surveys) (N [employees]=1802). The focus is on regulations in dealing with e-mails and the possible relation to satisfaction with accessibility in leisure time.

**Results** The evaluation refers to 9 companies so far (n=1067). 28% of the employees stated that they had a regulation in dealing with e-mails on part of the company or personally. Further 37% did not consider it necessary to establish a regulation. 16% had not yet thought about a regulation and 20% had no regulation, as they otherwise feared disadvantages.

The accessibility outside working time was reported by 60% as ‘okay’. Within this group, the majority (39%) stated that an e-mail regulation was not necessary, followed by 23% who had a personally imposed regulation.

23% considered the accessibility as ‘not okay’, of which 29% stated that an e-mail regulation was not necessary, followed again by 23% with a personal regulation.

Overall the group with a regulation in the company was the smallest (6% each in ,,okay“ and ,,not okay“).

**Conclusion** An e-mail regulation does not appear to be the primary influencing factor on the perception of accessibility in leisure time. Further research is needed to examine different digital media and their impact in different industrial sectors.