

1635a SUFFICIENT PERIODS OF DAILY REST FOR ADEQUATE SLEEP AND RECOVERYM Takahashi. *National Institute of Occupational Safety and Health, Kawasaki, Japan*

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A growing attention has been paid to a rest (non-work) period to upgrade our working life. This is quite meaningful for overworking countries such as Japan, where several regulatory actions have been made towards duration of working hours. The most essential strategy for managing rest after work is to set its minimum duration as in the European Union's Working Time Directive, i.e., consecutive 11 hours per 24 hour period (Minimum11). A series of research in our group provide evidence on the role of daily rest period (DRP) in health and well-being. The cross-sectional findings indicated decreases in stress responses and nonrestorative sleep in employees with DRP longer than 12 hours (Tsuchiya, *et al*, *Ind Health*. 2017). Diastolic blood pressure was found to be lower when DRP became 14 hours or longer (Ikeda, *et al*, *J Occup Environ Med*. 2017). Detailed analysis for sleep duration and quality revealed favourable results in a DRP-dose dependent manner (Ikeda, *et al*, in submission). Specifically, 6 hours of sleep needed at least 11 hours of DRP. Good quality of sleep as assessed the Pittsburgh Sleep Quality Index was possible by taking a sleep for 14 hours or more. The prospective data showed a decline in short (<6 hours) sleep among employees whose monthly frequency of Minimum11 decreased 1 year later if their commute time to work was less than 1 hour (Takahashi, *et al*, in preparation). Also, employees who persistently exposed to the monthly Minimum11 reported higher levels of short sleep and nonrestorative sleep when their commute time was longer than 1 hour. These associations were consistent after controlling for age, gender, weekly work hours, and psychosocial work characteristics at baseline. The secured DRP is thus expected to produce the benefit for us through optimised sleep and recovery.

1635b MAKING LEISURE WORK: LEISURE CRAFTING AS ACTIVE RECOVERY FROM STRESSFUL WORKJ de Bloom. *University of Tampere, Tampere, Finland*

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Vanishing boundaries between work and non-work make it increasingly difficult for employees to recover from job stress. Our current understanding of the interactions between work and non-work domains, and workers' role in deliberately shaping their on- and off-job experiences and replenishing psychological resources, is still in its infancy. De Bloom will present the aims and research methods of her interdisciplinary research project on leisure crafting. The aim of this project is to achieve a more profound understanding of bridges and boundaries between work and non-work and working people's supposedly deliberate attempts to optimise their work/non-work interface. Using the DRAMMA model of optimal need satisfaction as an overarching framework, leisure crafting is defined as the proactive pursuit of leisure activities targeted at detachment, relaxation, autonomy, mastery, meaning and

affiliation. Leisure crafting is expected to improve recovery from work, employability, and quality of life, particularly among older employees.

In this Academy of Finland funded project, the research team will use a variety of advanced methodological approaches to understand and to promote leisure crafting. Special attention is paid to modern technology, as well as new forms of online communication and human interaction. More specifically, the team will investigate if employees proactively engage in leisure crafting, how leisure crafting affects their leisure activities, and whether leisure crafting helps to satisfy psychological needs, which may ultimately result in higher levels of occupational well-being and job performance. The three sub studies of the project will focus on:

- cultural differences between Japan, Finland and the Netherlands,
- contextual variables (e.g., time, location, social environment, ICT use), and
- the role of modern technology (i.e., smartphone app) in influencing the relationships between leisure crafting, leisure activities, need satisfaction, need frustration, occupational health, wellbeing, and job performance.

1635c WORKING CONDITIONS AND MENTAL HEALTH AMONG THAI FARMERS

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Agricultural works noticeably show risk working manner from its working conditions and working behaviour. There are about ten million farm workers in Thailand with no occupational health support system. This project aimed to construct happy and healthy corn growers in Northern of Thailand. The participatory oriented training was conducted, whereas the working conditions and working behaviours were investigated from two hundred growers. The mental health status assessment was determined. The solution to improve health and working rank were self defined. Ergonomics was found to be major problem especially the musculoskeletal injuries from improper working posture and overload work such as prolong working hours. The corn growers shared ideas of mental health improvement. Social media played important role to construct working and social participation. The team work with regular meeting was mentioned for community strengthening. The safe use of chemicals was a common idea to make productive work. However, only the use of personal protective equipment during spraying was an key idea from growers to improve working behaviour, but other essential working protocol such as the chemical mixing process was less considered. The environmental aspect was introduced by triple rinse of chemical containers to reduce chemical contamination. The result showed that the work-rest cycle as well as the sleep quality should be considered. Health examination must be further performed to ensure healthy corn growers.