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WORKERS' HEALTHY WEIGHT MANAGEMENT PROGRAM IN A PUBLIC HYDROELECTRIC POWER PLANT IN BRAZIL

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Introduction Noncommunicable diseases associated with obesity are relevant sources of morbidity and mortality worldwide and in Brazil. Companies, through quality of life programs, may influence workers' lifestyle positively reducing modifiable behavioural risk factors. The objective of this study is to describe a workers' healthy weight program in a public company in Brazil.

Methods An intervention study was carried out in a hydroelectric power plant in Brazil between June 2016 and May 2017 with workers that presented obesity or diabetes diagnostics registered in occupational health records. From 1232 workers, 294 were diagnosed and 158 were invited to participate in the first edition of the program. The program realised a regular interdisciplinary approach with medical, nutritional, nursing and physical education professional, and offered gym for practical exercises. The initial and final body composition of the participants who completed the program were compared by bioelectrical impedance analysis, considering weight, muscle mass and fat mass.

Result From 158 invitations, 142 workers accepted and 82 (57.7%) completed the program. About the workers who completed the program: 66 (80.4%) reduced their total weight, with an average of 3.56 kg and a median of 2.6 kg; 60 (73%) reduced body fat mass, with an average of 3.8 kg and a median of 2.7 kg; 21 (25.6%) gained fat mass, with an average of 1.4 kg and a median of 0.9 kg; and 48.7% maintained or increased muscle mass. Associated with the quantitative results, the health professionals involved noticed that motivation increased among the participants to achieve a healthier lifestyle.

Discussion The program contributed to weight loss and adoption of healthier habits, reducing modifiable behavioural risk factors for most participants. The quality of life programs in companies provide a friendly environment to change the workers' habits, and also stimulate their co-workers, family and friends to adopt a healthier lifestyle.

Young Workers and Child Labour

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PROTECTING YOUNG WORKERS FROM PSYCHOLOGICAL AND PHYSICAL HAZARDS IN INFORMAL AND SMALL-SCALE WORKPLACES

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Aim of special session Young workers are unique. This thought-provoking session shows how OSH assessment tools and remediation approaches can be successfully adapted to them.

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USING A KAB SURVEY TO IDENTIFY OSH PROJECT PRIORITIES

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Introduction The United States Department of Labour (USDOL)-funded SafeYouth@Work Project aims to promote the safety and health of young workers on the job, with a particular focus on those aged 15–24. Working with key stakeholders, the project works to build tools and capacity to better protect young workers and to sustain a culture of OSH prevention in three 'pilot' countries – Myanmar, the Philippines and Viet Nam.

Among its core objectives, the project seeks to increase knowledge and awareness of the particular OSH hazards and risks faced by young workers. The Project implemented an OSH KAB survey in the pilot countries in late 2016/early 2017. This presentation will describe the KAB study conducted in selected sectors in Myanmar, the Philippines and Viet Nam; the challenges in implementing the survey, key findings, and how the study findings could guide policymakers and stakeholders in building a sustainable culture of OSH prevention.

Methods Exploratory sequential mixed methods.

Result A well-designed KAB survey can help an OSH project to plan, implement, evaluate and improve its work. A KAB survey gathers information about what respondents know about a subject – here, OSH – as well as how they think employers, labour officials and others should respond to OSH issues, and what actions they take or fail to take related to OSH.

Discussion A KAB survey on OSH can identify knowledge gaps, beliefs, or patterns that may lead to a better understanding of the challenges to improving OSH compliance. A KAB survey can reveal key factors influencing stakeholder attitudes and behaviour on OSH, reasons for those beliefs, and explain why people engage in certain workplace behaviours. An OSH KAB study can also assess communication tools, platforms and messages to drive OSH prevention. KAB studies can therefore identify needs, problems and barriers in effective OSH project delivery, and identify potential approaches to improving the quality and impact of national OSH system functioning.

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EVOLUTION OF A YOUNG WORKER TRAINING CURRICULUM: TAKING SAFETY FROM THE CLASSROOM TO THE BREAK ROOM

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Introduction Young Workers (14–24) represent a valuable aspect of the workforce. However, limited work experience and developmental factors predispose young workers to an increased risk of occupational injuries compared to their older counterparts. Although traditional safety training has targeted