WORKERS’ HEALTHY WEIGHT MANAGEMENT PROGRAM IN A PUBLIC HYDROELECTRIC POWER PLANT 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 diagnoses 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%) maintained or increased muscle 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

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

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.

Presenters: Nicholas Levintow1, D.S. Rohlman2, C. Pellenq3, A. Juárez-García4, Ashish Mittal5

1ILO, Geneva, Switzerland
2Occupational and Environmental Health, University of Iowa, Iowa City, IA, USA
3University of Grenoble-Alpes, France
4Universidad Autonoma del Estado de Morelos, Cuernavaca, Morelos, Mexico
5Occupational Health and Safety Management Consultancy Services (OHS-MCS), New Delhi, India

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

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...