997

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

¹FC Schweitzer*, ¹DPA Leon, ²AS Dernis, ³AAG Conceição. ¹Itaipu Binacional, Foz do Iguaçu, Brazil; ²Itaipu Binacional, Curitiba, Brazil; ³SESI Paraná, Curitiba, Brazil

10.1136/oemed-2018-ICOHabstracts.1761

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

1724

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

¹Susan Gunn*, ²Nicholas Levintow. ¹Co-Chair of the ICOH Working Group on Young Workers and Child Labour. France; ²Chief Technical Officer, SafeYouth@Work project, International Labour Organisation, Switzerland

10.1136/oemed-2018-ICOHabstracts.1762

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

1724a

USING A KAB SURVEY TO IDENTIFY OSH PROJECT PRIORITIES

Nicholas J Levintow. ILO, Geneva, Switzerland

10.1136/oemed-2018-ICOHabstracts.1763

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.

1724b

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

DS Rohlman. Occupational and Environmental Health, University of Iowa, Iowa City, IA USA

10.1136/oemed-2018-ICOHabstracts.1764

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

the identification of hazards (e.g., chemical exposures, physically demanding work), it typically does not address work environment/organisational factors that can also impact health and safety (e.g., long hours/fatigue, reluctance to speak up, low decision-making authority). Promoting U through Safety and Health (PUSH) expands the NIOSH Talking Safety: Youth@Work curriculum to incorporate Total Worker Health components.

Methods Young workers participated in a multi-step evaluation of the online training. First a randomised control trial was conducted with parks and recreation employees and food service workers who completed either PUSH or a control training. Additional cohorts were then recruited to evaluate a revised training that included updated videos and images that more clearly demonstrated Total Worker Health concepts.

Result This was the first job for most parks and recreation employees (68%); however, only 19% of the food service workers were working their first job. There were no differences between the groups on their pre-test knowledge scores (75%). Groups completing the PUSH training demonstrated significant increases in knowledge at post-test compared to participants completing the control training ($p < 0.001$). The majority felt young workers should be required to take a training like PUSH and would recommend the training to their co-workers. The revised training demonstrated a 30% increase in knowledge from pre- to post-test.

Discussion Online programs have been successful in educating and altering behaviours of adults and adolescents. Although widely used to promote health behaviours, there is limited information on training addressing workplace hazards, particularly among young workers. This evaluation demonstrates the efficacy of a Total Worker Health training for young workers.

1724c WORKING AND NON-WORKING CHILDREN'S PSYCHOSOCIAL WELL-BEING: WHAT MAKES THE DIFFERENCE?

C Pellenq. *University of Grenoble-Alpes, France*

10.1136/oemed-2018-ICOHabstracts.1765

Introduction We lack tangible arguments on how work affects psychological functioning in children and adolescents: is it always deleterious or can it be favourable in some areas? The International Labour Organisation has been engaged in a study on the impact of work in brick kilns on psychosocial well-being of persons under 18 years. What are the aspects of psychological functioning that significantly differ when comparing working children to their non-working peers?

Methods In this study, a group of 900 children aged 11 to 17 who work in brick factories in four Asian countries is compared to a group of 650 children of the same age and socio-demographic status but who are not working. Each child was given an individual interview and administered a 31 item psychosocial questionnaire for children (the IPAW). A Classification Tree Analysis (CTA) was then performed on the data searching for segmentation items between workers and non-workers.

Results The study finds a significant difference between children who work and those who do not. The main psychosocial items which account for the difference are:

- acceptance by other families around them,
- a sense of confidence,

- feeling safe in daily life, and
- hope for a better life in future.

To a lesser extent, two other variables – friends' support and engagement in sports and games (leisure time) – are also affected in the case of working children. In all cases, the scores are significantly less favourable for working children, and indicate a deleterious link between work and psychosocial development of children working in brick kilns.

Discussion Although the CTA cannot confirm causality, the potential deleterious impact of work on self-concept, on social integration and on hopefulness in children is of great concern. The uniqueness of children's psychosocial well-being, methods capable of assessing it, and conclusions about the risk factors are discussed. These data can be persuasive in campaigns to eliminate hazardous work and to improve health and psychosocial well-being of children and adolescents.

1724d STRESSORS AND MOTIVATORS IN INFORMAL WORKERS IN MORELOS AND THEIR ASSOCIATION WITH BURNOUT, ENGAGEMENT AND PERCEIVED HEALTH

A Juárez-García. *Universidad Autonoma del Estado de Morelos, Cuernavaca, Morelos, Mexico*

10.1136/oemed-2018-ICOHabstracts.1766

Introduction Despite the fact that the workforce in the Latin-American region is mainly characterised by informal work, few studies have been carried out in order to explore job psychosocial exposure and health issues. Whereas there are no standardised and validated questionnaires to explore specific psychosocial stressors in informal work, the objective of this study is to explore with a mixed method strategy (qualitative and quantitative) the psychosocial stressors and motivators in informal workers and to explore their associations with burnout, engagement and perceived health.

Methods 116 informal workers from street and small shops in Cuernavaca Morelos México were recruited so as to obtain information about psychosocial factors and health. Open questions were used to explore stressors and motivators and were qualitatively categorised. Association of these factors with burnout, engagement, mental health problems, and perceived health were analysed.

Results The most common stressors were poor physical environment, dealing with customers, and low sales. The most common motivators were comfort and pleasure, autonomy, gratifying tasks, sharing with others and attending clients. 40% of informal workers had high levels of burnout, and 49.1% have high levels of engagement. Results showed a significant association between 'dealing with customers' and burnout; gratifying tasks and autonomy were protector variables for burnout. Attending clients was protector for mental health problems and sharing with others with respiratory and digestive disorders.

Conclusion Given the prevalence of illnesses and diseases in this sample, engagement levels seemed to be contradictory in terms of wellbeing and comprehensive health. Particular stressors and motivators were found in this sector, which are not included in standardised questionnaires of stress. Many motivators had a substantial role as protective factors (gratifying tasks, autonomy and attending clients). Further studies are needed to understand psychosocial risks factors and motivators in informal workers.