

Appendix i

Information that is made publicly available, free of charge, by the European Union, various public authorities, and trade unions.

Country	Source	Information available	Language	Link
EU common	European Agency for Safety and Health at Work	Guides and fact sheets related to work-related pain. Some fact sheets are available in various European languages.	Various EU-languages	link
	World Health Organization	Prevention of musculoskeletal disorders in the workplace Information on risk factors and preventive measures for employers, delegates and trainers in occupational health Basic rules for preventive action	Various EU-languages	link
Austria	Portal der Arbeiterkammern	General information about rules and standards that should apply in the workplace with reference to the legislation. These cover e.g.: <ul style="list-style-type: none"> • Work environment • Working in hot and cold conditions • Working with chemical agents • Lighting in the workplace • Personal protective equipment • Sanitary and social facilities 	Austrian	Link
Denmark	Branchefællesskabet for Arbejdsmiljø for velfærd og offentlig administration	General information regarding: <ul style="list-style-type: none"> • Psychological work environment • Physical health in the workplace • Noise, lighting and climate • Points for managing directors • Design and development of the workplace • Legal aspects at the workplace • Specific information aimed at different occupations For musculoskeletal pain, there are both brochures and videos focusing on ergonomics, exercises, and measures to prevent pain in the workplace	Danish	Link

The Danish Union of Public Employees (FOA)	General information regarding the work environment including: <ul style="list-style-type: none"> • Ergonomics • Pain in the workplace • Prevention of injury • Reporting an injury • Work place assessment 	Danish	Link
The Danish Working Environment Authority	General information regarding the working environment including a large focus on musculoskeletal pain including: <ul style="list-style-type: none"> • Rules and regulations regarding musculoskeletal pain in the workplace • Pain in the workplace and how to prevent it • Help to self-help • Ergonomic advice • Taking a sick leave 	Danish	Link
Videncenter for Arbejdsmiljø	General information regarding health and safety in the workplace. Specific section on musculoskeletal pain with suggestions regarding: <ul style="list-style-type: none"> • Prevention of pain in the workplace • What to do when you are in pain • Relationship between psychological problems and pain 	Danish	Link
Health and Medicines Authorities in Denmark	Information for employees with pain in the body	Danish	link
Danske Anlægsgartnere	Fact sheets and advice for work-related pain	Danish	link
Workplace Denmark (Arbejdsmiljørådet)	Report on implementation of changes related to health on the workplace	Danish	link
BFA-Service (Branchefællesskabet for arbejdsmiljø for service og tjenesteydelser)	Ergonomic advice for various work groups in the service sector (biomedical)	Danish	link
Branchefællesskabet for arbejdsmiljø i industrien	Advice on how to handle pain for workers in the industry	Danish	link
Branchefællesskabet for Arbejdsmiljø (BFA)	Ergonomic advice for employees in the financial sector	Danish	link
Vidensråd for forebyggelse	Report: Prevention of injuries and diseases in muscles and joints (including a chapter on Work-related pain).	Danish	link

France	Université angers – Institut de veille sanitaire	Give extended information about upper limb musculoskeletal issues and indicators.	French	link
	Ministère du travail	Page treating about different levels of affectation, risk factors, prevention and health laws for employer	French	link
	Institute National de recherché et de securité	Document about musculoskeletal disorders, why they appear, how to react and prevent them. It also comments some popular belief	French	link

Germany	Krankheitserfahrungen	Information on chronic pain and related problems based on interviews with patients	German	link
	Betamet	Advice for people with work-related pain	German	link

Iceland	Administration of Occupational Safety and Health	Information regarding the promotion of health in the work place. Brochure	Icelandic	Link
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Italy	Istituto Nazionale per l'Assicurazione contro gli Infortuni sul Lavoro e le malattie professionali (INAIL) National Institute for Insurance against Accidents at Work and Occupational Diseases (INAIL) www.inail.it	I disturbi muscoloscheletrici lavorativi Musculoskeletal work disorders	Italian	Link
	Fondazione Ergo Ergo Scientific Fundation	Le malattie professionali: una breve analisi economica	Italian	Link

		Occupational diseases: a brief economic analysis		
	Ministero del Lavoro e delle Politiche Sociali Ministry of Labor and Social Policies	Salute e sicurezza: Malattie professionali Health and safety with focus on Occupational diseases	Italian	Link
	Ministero della Salute Ministry of Health	Home > Temi e professioni > Ambiente e salute > Salute e sicurezza sul lavoro Home> Themes and professions> Environment and health> Health and safety at work	Italy	Link

Portugal	Inspeção-Geral das Atividades em Saúde	Manual of safety and health in the work This program focuses on the general principles of preventing work-related pain by focusing on: risk assessment, preventative measures (technical, organisational, social and ergonomic) and communication related to risk prevention at work	Portuguese	link
	Departamento de Segurança e Saúde no Trabalho.	Prevention of the lesions musculoskeletal related with the work	Portuguese	link

Spain	Instituto Sindical de Trabajo, Medio Ambiente y Salud	<p>Workplace Risk Prevention tools for SMEs Health Damage. Musculoskeletal Disorders (MSDs)</p> <ul style="list-style-type: none"> - Health consequences due to lack of ergonomics in the workplace Musculoskeletal disorders: concept, characteristics and evolution - More frequent musculoskeletal disorders and their main causes - Main musculoskeletal disorders: affected areas and pathologies. - Case study: health damage from musculoskeletal disorders. - Qualification of musculoskeletal disorders: accidents at work and occupational diseases. - Baseline: business obligations and classification of MSDs 	Spanish	Link
	Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)	The various states of health (diseases, disorders and damage) refer to functional or structural losses and are associated with health risk. Pain, as a primary symptom, is often associated with work related musculoskeletal disorder. Pain, which is an example of health status, is the most commonly used health indicator.	Spanish	link
	Secretaría General Subdirección General Recursos Humanos Área de Prevención de Riesgos Laborales	In this manual, in order to be able to approach the knowledge of these disorders and act preventively, they will try: to inform the normative aspects that affect the worker more directly; Define musculoskeletal disorders (MSDs); Summarize symptoms that appear most often to identify MSDs; See the causes of some alterations; Provide strategies to prevent the emergence of MSDs, and recommendations for performing work in ergonomically correct conditions.	Spanish	link
	Ministerio de Trabajo e Investigación, Secretaria de Estado de Seguridad Social	<p>Musculoskeletal disorders, psychopathology and pain</p> <p>To investigate the existing interrelationship in musculoskeletal disorders, psychopathology and pain, to reveal the mutual interconnectedness of this affection in the determination and prolongation of the duration and number of processes due to Temporary Work Incapacity, which has allowed to situate musculoskeletal disorders in the first-incapacity.</p>	Spanish	link

	Asociación Española de Especialistas en Medicina del Trabajo-AEEMT	All occupations expose workers to varied working conditions and it is accepted that work influences the health of workers, although regarding cervical and lumbar pain it is not known whether the predictive pain factors would be specific to the occupation. This is why some researchers have focused on identifying and identifying chronic neck and low back pain predictors in a specific cohort of office workers.	Spanish	link
	EGARSAT-Mutua Colaboradora con la Seguridad Social	It is necessary to maintain good working conditions. In prevention, order and cleanliness are basic elements that help us to keep our jobs properly tidy.	Spanish	link
	Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)	Prevention of musculoskeletal disorders in the health sector This text contains some good design and organisation practices, carried out over recent years in health sector centres forming partners of the working group, to reduce or minimise musculoskeletal disorders in the health sector.	Spanish	link
	Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT)	Risks of musculoskeletal disorders in the Spanish workforce Overexertion continues to be the leading cause of occupational accident with discharge; its impact on the working population has not stopped growing for more than 20 years.	Spanish	link
	Comisiones Obreras de Castilla y León	Manual of musculoskeletal disorders In order to address the increasing problem of MSDs in the workplace and to address the lack of awareness among workers about occupational diseases, the Ministry of Labour Health has developed this manual for all those MSDs whose origins are at work so that they are not hidden as common illnesses, aimed at delegates and workers.	Spanish	link
	UGT-Andalucía	Ergonomic guide of disorders musculoskeletal In the prevention of musculoskeletal disorders, it is essential that our prevention delegates inform and facilitate training and participation channels for working people. With its editing and distribution in the workplaces, it will have a prevention tool, that, to be sure, will contribute to improve working conditions in Andalusia.	Spanish	link

	Junta de Andalucía. Consejería de Empleo	Approximation of ergonomic causes of work-related musculoskeletal disorders The aim of this study is to provide, through the analysis of work accidents and occupational diseases, an interesting insight into the branches of activity, types of work and occupations with the highest incidence of musculoskeletal disorders due to ergonomic deficiencies, and the nature of such deficiencies.	Spanish	link
	Instituto Canario de Seguridad Laboral	The disorders of musculoskeletal of work origin This brochure seeks to raise awareness of the importance of preventing overexertion at work.	Spanish	link
Sweden	Swedish work environment authority	Information regarding physical, psychological and chemical factors in the workplace and how these should be managed. An overview of the legislation regarding worker's rights, including which processes to follow in case of an accident	Swedish and English	Link
United Kingdom	National Health Service	Advice mainly focusing on back pain in the workplace regarding: <ul style="list-style-type: none"> • Sitting positions • Lifting • Implementing breaks in the workday • Treatment options 	English	Link
	Health and Safety Executive	Advice on Musculoskeletal Disorders in the work setting	English	Link
Romania	Ministerul muncii familiei, protecției sociale și persoanelor vârstnice, Institutul național de cercetare-dezvoltare pentru protecția muncii "Alexandru Darabont"	Guide for safety and health at work on manual handling of the persons The objective of the guide of good practice is to provide information relating to the assessment of the risks and the choice of appropriate measures for the protection of the health of workers and ensure the safety of their jobs involving manual handling of persons.	Romanian	Link