

# Experiences, perceptions and beliefs of the ageing workforce regarding chronic musculoskeletal conditions and their ability to manage them at the workplace

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legal blind spot. New alternatives are needed to prevent industrial accident arising from the legal blind spot.

**Material and methods:** In this presentation, KOSHA will introduce chemical self-measurement system project. Since 2020, by equipping five analysis laboratories in major five regions in Korea, KOSHA has been carried a pilot project which provides passive sampler to the applicants.

**Results:** This system then collects and analyzes the sample, and provides the result of analysis to the applicants. All system is free of charge. The purpose of this system is to reduce chemical poisoning accident, by satisfying and expanding workers' right to know and guiding business to voluntarily improve work environment.

**Conclusions:** The continuous expansion of the "Chemical Self-measurement System" is expected to play an important role in reducing chemical poisoning accidents by identifying and managing the legal blind spot information for the use of chemicals in the workplace.

## 02. AGING AND WORK

### 020

#### **Experiences, Perceptions and Beliefs of the Ageing Workforce Regarding Chronic Musculoskeletal Conditions and Their Ability to Manage Them at the Workplace**

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**Introduction:** Helping employees with chronic musculoskeletal disorders (CMSDs) to remain in work can make a significant impact on the individual, employers and society as it can increase productivity and reduce absenteeism or presenteeism in the workplace (Skamagki, King, Duncan, & Wählin, 2018). Published qualitative reviews have shown gaps or inconsistencies on the experiences, perceptions, and attitudes of employees with CMSDs in the workplace. The work ability amongst those with a CMSD varies and older employees may not perform to their full capacity.

**Methods:** This study is part of an exploratory sequential mixed methods research (MMR) design grounded in the pragmatist paradigm. The qualitative phase explored employees' experiences of CMSDs concerning their employment, their perspectives on managing these conditions at the workplace, and the strategies used to facilitate and maintain their roles. A total of 15 employees working in either the public or private sector across West Midlands, UK were recruited.

**Results:** Interviews were recorded, transcribed verbatim, and analysed using framework analysis. Analysis highlighted 5 key themes: Impact on wellness, Managing strategies and facilitators, perceived barriers towards management, employees' attitudes at strategies, thoughts and emotions.

**Conclusions:** Helping employees with CMSDs to remain in work can make a significant impact on the individual, employers and society. Professional advice and resources are essential elements in designing an effective management program for employees with CMSDs.

### 021

#### **Associations between age and self-reported physical and mental health over time: a longitudinal study of manufacturing workers**

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**Introduction:** Although age-related changes in health are well documented in the literature, most previous research focuses on older individuals usually post retirement. In this study, we sought to determine the trajectories of physical and mental health of manufacturing workers over time and the effect of age on these trajectories. Such research can help inform interventions to promote health throughout working life.

**Methods and Materials:** As part of the UConn Study on Aging and Musculoskeletal Health (UConn-SAM), we used surveys to measure self-reported physical and mental health of 103 manufacturing workers across four time points over a 12-year period. We investigated the effects of age (continuous), time (categorical), and their interaction on physical and mental health in mixed linear models with time as a repeated measure and adjusted for gender and job type.

**Results and Conclusions:** We observed no significant association between any age-by-time interaction and physical ( $p=0.78$ ) or mental ( $p=0.79$ ) health, so the interaction was removed and models re-run. We observed no significant association between time and physical ( $p=0.33$ ) or mental health ( $p=0.39$ ). Age was significantly ( $p=0.04$ ) and negatively associated with physical health (beta coefficient=-0.12, standard error=0.06). We observed no significant associations between age and mental health ( $p=0.09$ ). In our study, older manufacturing workers reported worse physical, but not mental, health. We observed no changes in physical or mental health of workers across the 12 year study period. Older workers may benefit from targeted interventions to promote physical health

### 022

#### **Working Status was Linked to Cognitive Function in Taiwanese Older Adults**

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**Introduction:** Taiwan entered the era of aged society recording 10 percent of aged people (aged  $\geq 65$ ) in 2018, and it is estimated that in 2025 Taiwan will become a super-aged society. Among older people (aged  $\geq 50$ ), little research aimed at health impact during pre- or post-retirement in Asia. Therefore, we explored the relationships between working condition and cognitive function in Taiwanese older adults through a longitudinal study. **Methods:** Taiwan Longitudinal Study on Aging (TLSA) is a multiple-wave nationwide survey recruiting representative older participants. Data from 1996 to 2007 in TLSA was used, with initial 5,131 participants. Among them, 2,756 people completed