

The future of research on sustainable work

– young scholars look ahead

Balancing the fit between man and task

Mette Korshøj, PhD

Introduction and research orientation

Occupational physical activity



Acknowledge shared benefit and responsibility of workers health

Focus on several risk factors

International classification of functionality



Technical objective monitoring



Job exposure matrix

Sitting time



Low back pain

Occupational lifting



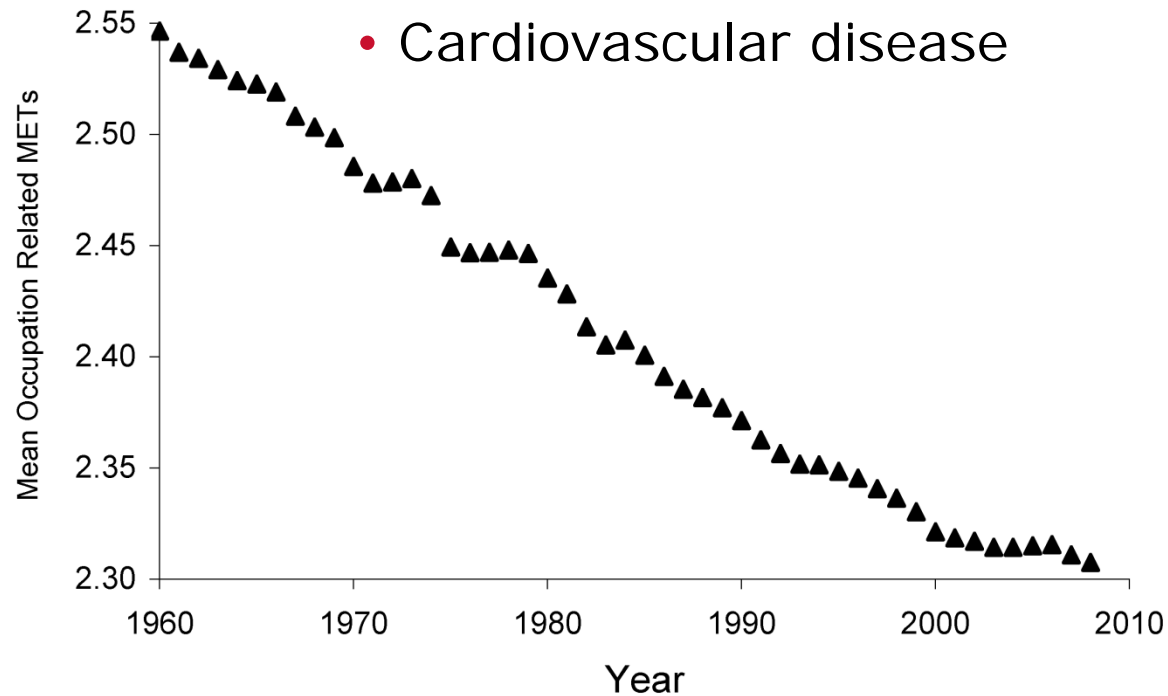
Blood pressure

Integrated approaches for improving workers health

Occupational physical activity

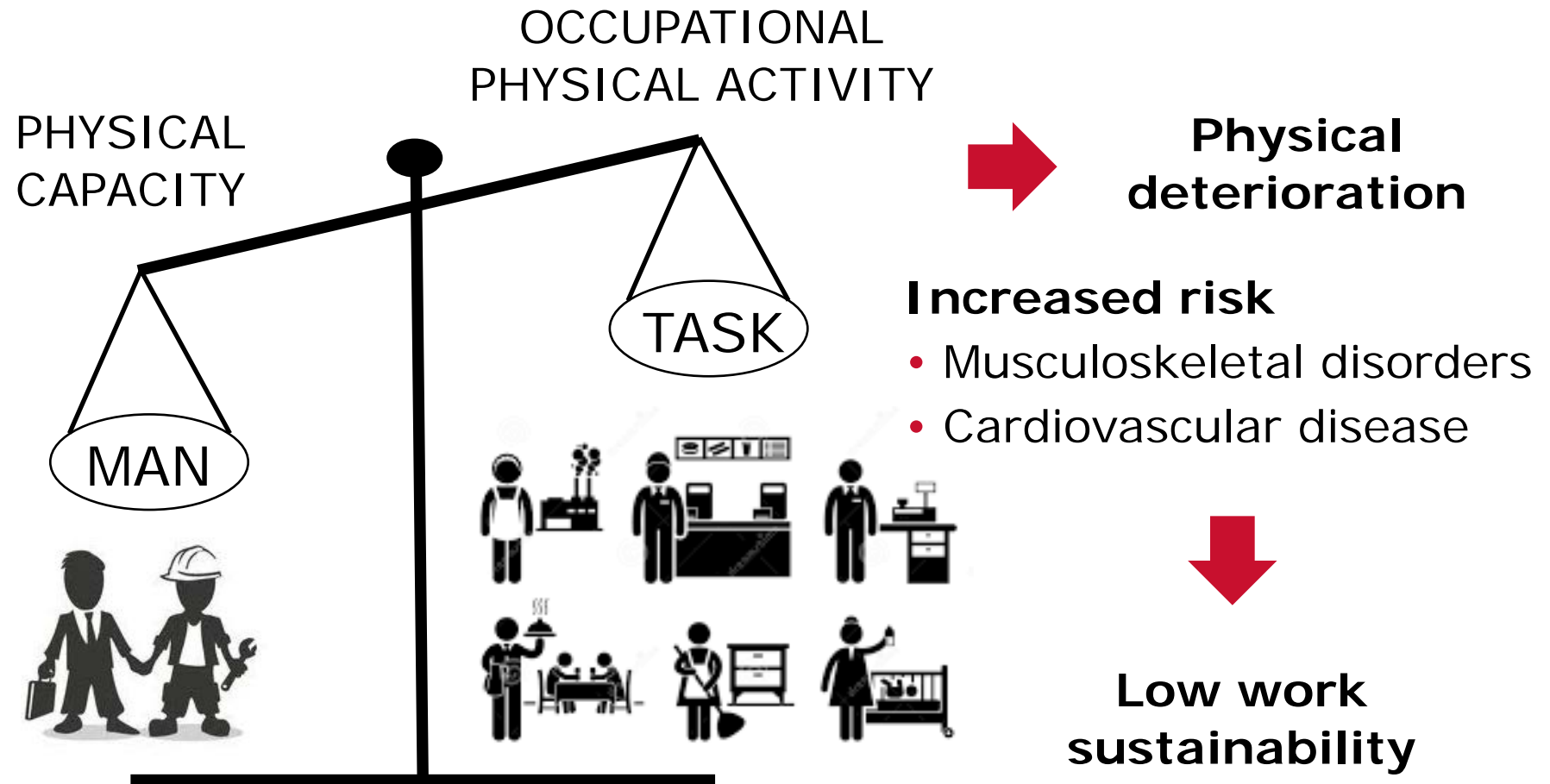
High prevalences

- Musculoskeletal disorders
- Cardiovascular disease

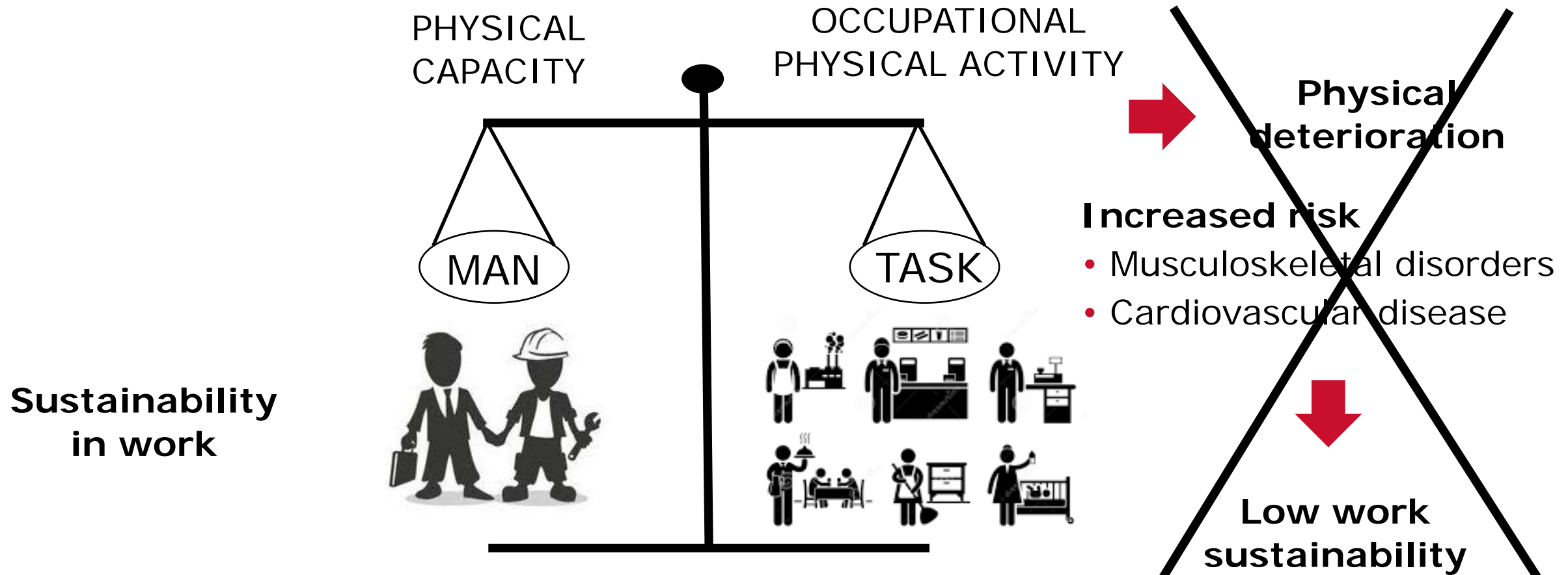


In 2016, 39% of danish workers stated to have a physically straining job

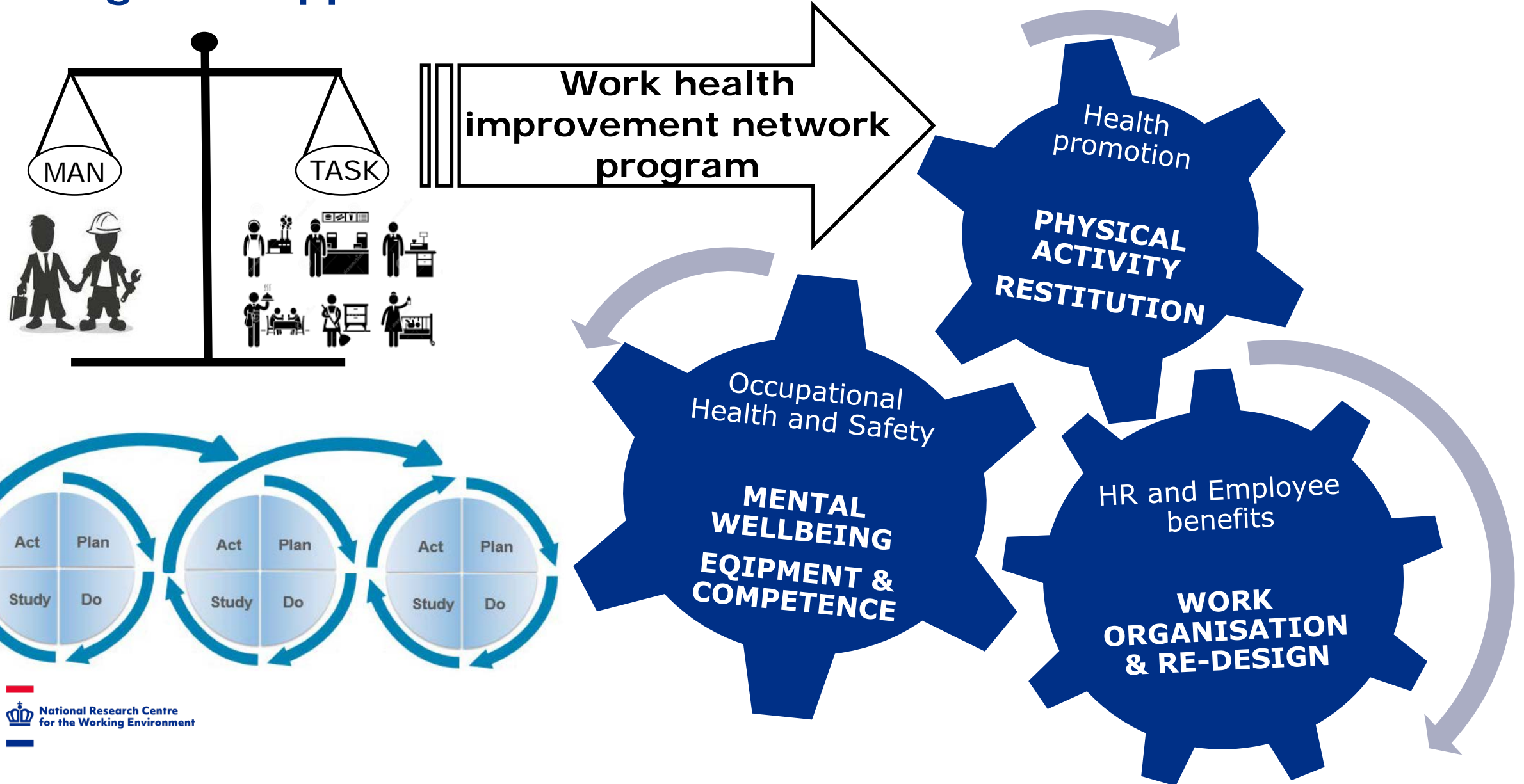
Occupational physical activity in relation to physical capacity



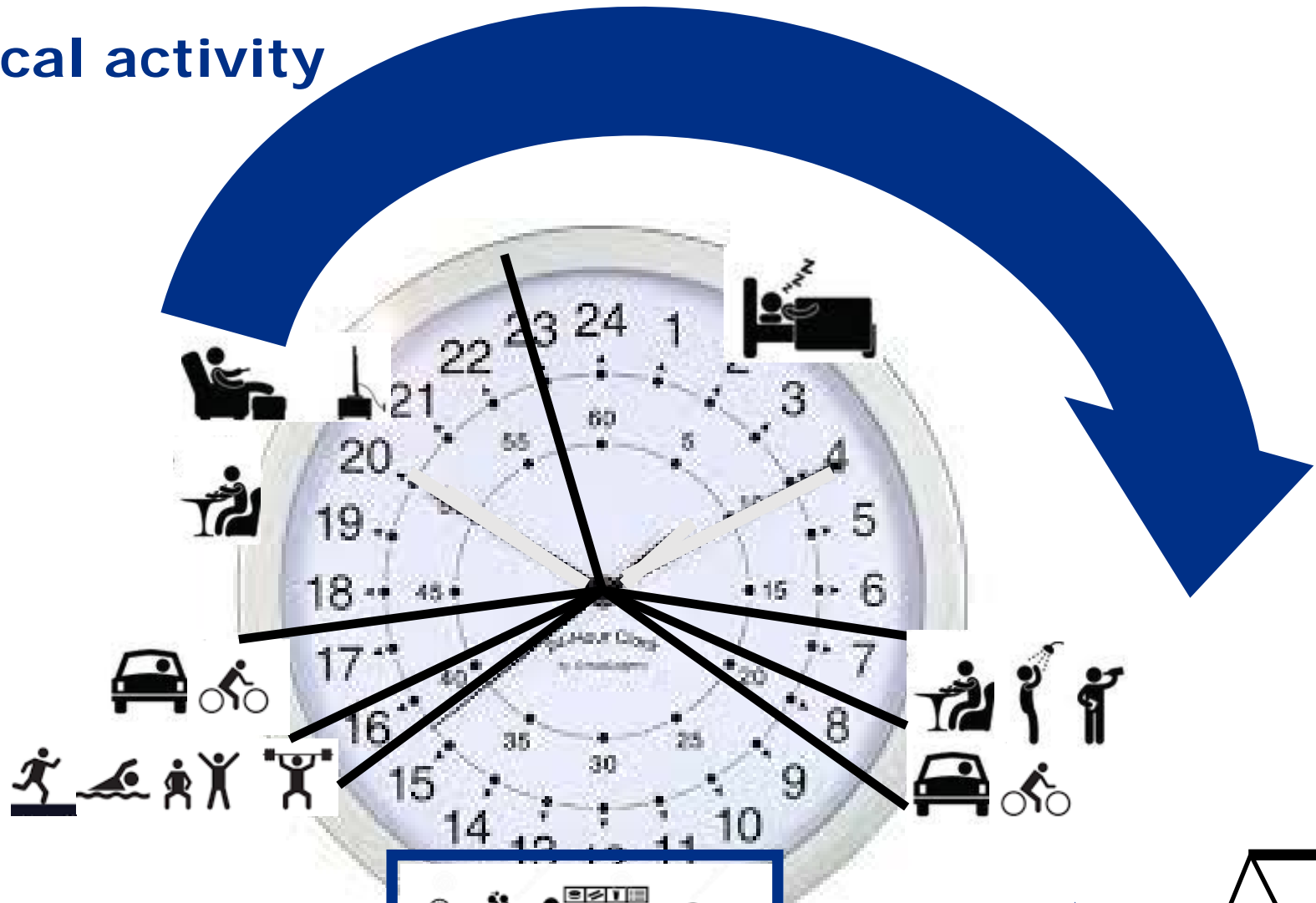
How to balance the fit between man and task?



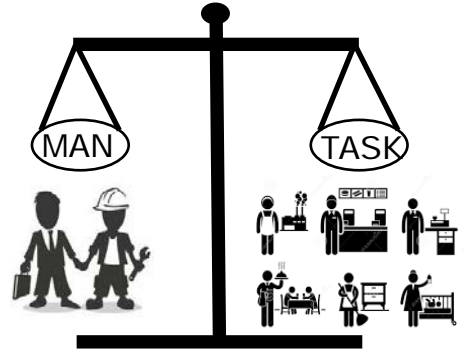
Integrated approach to fit the balance between man and task



24 hour physical activity



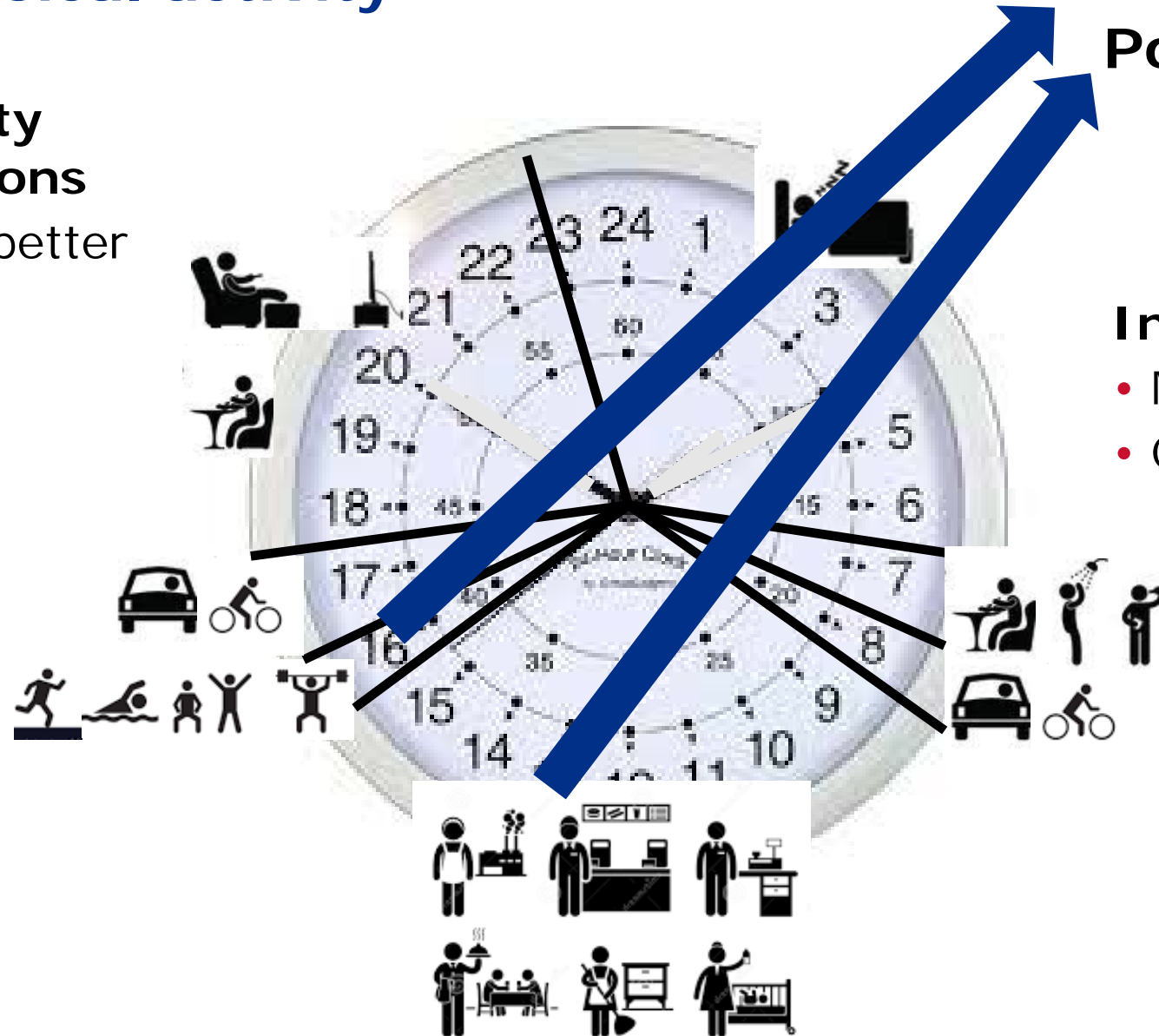
Work health Improvement network program



24 hour physical activity

Physical activity recommendations

- The more the better



Potential overload?



Increased risk

- Musculoskeletal disorders
- Cardiovascular disease



Low work sustainability

24 hour physical activity

Physical activity recommendations

- The more the better

Work sustainability among blue-collar workers



Maintain & develop physical capacity & health



How to balance the fit between man and task

Potential overload?



Increased risk

- Musculoskeletal disorders
- Cardiovascular disease



Low work sustainability



Danke * Sukria * TAKK * Merci
Xie Xie! EFHARISTO THANK YOU TODA
grazi * Tack SHUKRAN
GRACIAS * KIITOS
en INSTUTIYno Dabkil

Mette Korshøj

mkl@nfa.dk

www.linkedin.com/in/mettekorshoj