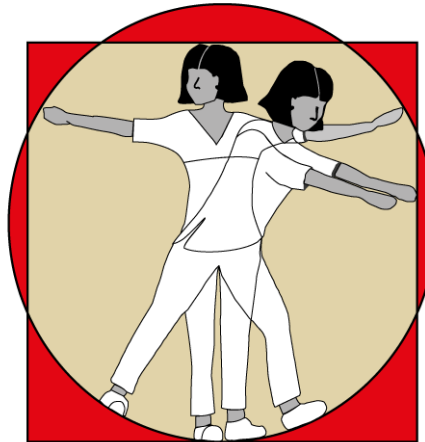




Lifelong  
Learning  
Programme



ErgocareBank

**ErgocareBank International Conference  
The Best Ergonomic Practices in Age Care  
Argostoli, Greek  
17.-18.9.2015**

**Leena Lähdesmäki, lecturer**

**Soile Tikkanen, lecturer**

**Oulainen Vocational College, Social and Health Care Unit**

**Finland**



**JEDU**

The Federation of  
Education in Jokilaaksot

*www.jedu.fi*

# Introduction



- The Ergonomic Databank for Social and Health care **“ErgocareBank”**
- **ErgocareBank-project** has been funded with the support of the European Commission
  - Lifelong Learning Programme ( Leonardo da Vinci),  
Transfer of Innovation
- 1.10.2013-30.9.2015



# Partners



**Homecare in Oulainen**  
Home care solutions

## **Oulainen Vocational College**

Project co-ordination,  
Home care solutions,  
Nursing Home solutions

**Kastekirgas Oy**  
Evaluating the project

**Oy Ergosolutions BC Ab**  
Familiarization with the  
transferred innovations,  
Nursing home solutions,  
Home care solutions



ErgocareBank

**Nursing Home of Tartu**  
Nursing home solutions

**Centre for Health and Building, KTH**  
Testing and evaluating,  
Nursing home solutions, Home care solutions  
Developing the www-pages

**Frontida Zois**  
Disseminating the project

# Why ErgocareBank-Project?

- The need of the right action models of the ergonomics
  - improve nurses' well-being at work
  - reduce musculoskeletal disorders
  - reduce accidents happening in assisting clients
  - support clients' functional capacity

# Aims

- develop a model for evaluating the feasibility of ergonomic solutions for risk control in manual handling in home care and nursing
- define the analytical model for assessment of occupational risk and functional capacity related to tasks and scenarios chosen for initial inclusion in the ErgocareBank
- define and choose a number of tasks and scenarios involving client manual handling to be included in the assessment process

- coach and advise cooperating partners in their performance of the locally conducted practical trials of tasks and scenarios included in the **ErgocareBank**
- formulate the results and advice, including visual instructions, for the **ErgocareBank** to publish on the web

# <http://ergocarebank.sth.kth.se/>

index.php/ergonomic-solutions



## ErgocareBank

Home Equipment Ergonomic solutions Scientific specialists Contact

Select videos from the menu:

- Mobile lift
- Standing with raiser
- Up from the floor
- Sitting to wheelchair
- Sitting to standing
- From wheelchair
- From wheelchair to bed with standing lift
- From wheelchair to bed with slidingboard
- From wheelchair to bed with the help of one person
- From bed
- From bed to wheelchair with a slideboard and the help of one person
- From bed to wheelchair with slideboard
- From bed to wheelchair with a standing lift
- From bed to wheelchair, to toilet and back
- From lying to sitting on the edge of the bed
- Lying to sitting

Copyright © 2015 CHB, AI



### Invitation to the Conference The Best Ergonomic Practices in Age Care

**ErgocareBank-Conference**  
**Lassi, (Argostoli), Kefalonia, Greece from 17<sup>th</sup>-18<sup>th</sup> September 2015**

**Target group** Occupational health and safety persons, social and health care workers, students, teachers, researchers, superiors and safety inspectors

**Thursday 17<sup>th</sup> September 2015**

- 08.30** Registration, Coffee and Posters
- 09.15** **Welcome by the Chairman,**  
*Georgios Koumanakos, Executive manager, Frontida Zois, GREECE*
- 09.20** **Introduction of the ErgocareBank Project**  
*Lecturers: Leena Lehtosalo, Mäkinen and Soile Tikkanen both from The Federation of Education at Jokilaakso, Oulunsalo Vocational College, FINLAND*
- 09.40** **Home Care Across Europe, Current Structure and Future Challenges**  
*Dr. Winka Boerma, NIVEL, Utrecht, THE NETHERLANDS*
- 10.30** **Physical Risk Assessment for Health and Aged Care**  
How to find risks? Introduction of different methods, Introduction of Technical Report ISO/TR 12296  
*Dr. Leena Tamminen-Peter, Oy Ergosolutions BC Ab, FINLAND*
- 11.30** **Lunch, Posters and Exhibition**
- 13.00** **Musculoskeletal disorders and psycho-social risks and stress at aged care work in Greece / this is only our suggestion**  
*Dr. Theodor Koukoulaki, Occupational Safety Centre of Hellenic Institute for Occupational Health and Safety, GREECE*



**Thank  
you!**



**JEDU**

Jokilaaksojen  
koulutuskuntayhtymä