

## What's Trending

### Data and analytics drive engagement in equipment operator simulation training

Simulation training is the shortest and most effective way to learn skills and acquire good safety habits. Coupled with data and analytics that can analyse past training behaviour, it can enhance the training outcomes of equipment operators by targeting specific skill deficiencies. It also saves operators' time as they no longer need to sit through structured classes and content which they already know. Through individual performance metrics, instructors can focus on correcting mistakes and bridging the skills gaps that are unique to the trainees.



(Source: EHS Today, May 2020)

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Relevance: Taking a step further, simulation training can also include collaboration components that allow equipment operators to practice communicating and working remotely with their peers as a team.

## OWL Highlights

**Occupational exoskeletons:  
Wearable robotic devices and**

# preventing work-related musculoskeletal disorders in the workplace of the future

In recent years, exoskeletons which are assistive devices worn by the worker in manual handling, are gradually being used in some industries such as logistics, agriculture and construction. While exoskeletons can help prevent work-related musculoskeletal disorders (WRMSDs), its prevalence in the workplace remain low. Concerns such as cost, comfort, safety and the potential introduction of other health risks such as redistribution of stress to other body regions are deterring factors. Hence, the authors recommend the use of a human-centred design approach, which considers the type of activities being carried out, conditions of work environment and user requirements such as weight and gender-specific considerations, during exoskeleton development to ensure greater user acceptance.



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**Theme:** Technology  
**Date of Publication:** Sep 2020  
**Source:** European Agency for Safety & Health at Work, Sep 2020

# Does occupational lifting affect the risk of hypertension? Cross-sectional and prospective associations in the Copenhagen City Heart Study

This study examined if heavy occupational lifting is an occupational risk factor for hypertension. It drew data from three editions of the Copenhagen City Heart Study that were conducted from 1991 to 2015. The results indicated that while heavy occupational lifting did not affect the prevalence of hypertension amongst the general population at large, it did affect specific subgroups - workers on hypertension medication and those aged 50 and above.



**Original article**  
Scand J Work Environ Health 2020;46(1):88-107  
doi:10.5271/sjweh.3885

**Does occupational lifting affect the risk of hypertension? Cross-sectional and prospective associations in the Copenhagen City Heart Study**  
by Carstang M, Hansen K, Rasmussen J, Schibye B, Prescott E, Clays R, Hallmans J.

Heavy lifting activity increases blood pressure. However, only few cross-sectional studies have investigated the prospective relation between heavy occupational lifting and hypertension. Our exploratory prospective analyses suggest that workers using anti-hypertensives or aged 50 years or older may be vulnerable to increases in blood pressure from heavy occupational lifting. However, further research is needed to confirm these associations.

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**Key Words:** blood pressure; blood office; cardiovascular disease; cohort study; Copenhagen Heart Study; heavy lifting; hypertension; lifting; manual handling; occupational epidemiology; occupational lifting; occupational physical activity; prospective association; prospective study

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**Theme:** Total WSH  
**Date of Publication:** Apr 2020  
**Source:** Scandinavian Journal of Work  
Environment & Health

## Construction safety practices for COVID-19



With workers, supervisors and occupational safety and health professionals returning to work on construction projects, site-specific safety and health plans must be put in place to protect them from Covid-19 risks. This article provides guidance on the areas to be covered, including physical distancing measures, monitoring, worker education, site logistics, access control and administrative actions and policies.



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**Theme:** Workplace Health  
**Date of Publication:** Jun 2020  
**Source:** Professional Safety

### Useful Resources

- [Return to work trajectories among employees with mental health problems](#) (Institution of Occupational Safety and Health, Oct 2020)
- [Professionally distanced: Ensuring employee safety through remote monitoring and social distancing](#) (Occupational Health & Safety, Sep 2020)
- [Vision zero: Developing proactive leading indicators for safety, health and wellbeing at work](#) (Safety Science, Oct 2020)
- [Designing strategy for serious injury and fatality prevention](#) (Campbell Institute, 2020)

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