



ENETOSH
European Network Education and Training
in Occupational Safety and Health



European Agency
for Safety and Health
at Work



DGUV
German Social
Accident Insurance

Strategies to promote good physical health in education

June 23, 2022 · 9:00 – 13:00 CEST
(including networking) · ONLINE



Draft Agenda

Welcome

Warm up exercise on Sli.do

- Being healthy is not a task of education
- A healthy mind resides in a healthy body
- Physical exercises should be integrated into every school subject

Opening – musculoskeletal health for future generations

Ulrike Bollmann, Institute for Work and Health of the German Social Accident Insurance (DGUV) – Coordinator ENETOSH

Lorenzo Munar, European Agency for Safety and Health at Work (EU-OSHA) – Leader of EU-OSHAs campaign 2020-22

Musculoskeletal diseases – a problem for children and adolescents?

Kerstin Schmidt & Paul Schmidt, BioMath GmbH, Results from a scoping review on musculoskeletal disorders among children and young people

- What is the prevalence among children and young people?
- What are the main risk factors?

Lorna Taylor, JollyBack, UK, How to deal with the problem? Experiences of a Chartered Paediatric Physiotherapist

Health promotion as an integral part of school development – a dialogue

Anette Schulz, Schools for Health in Europe Network Foundation (SHE), Denmark

Peter Paulus, Leuphana University, Good Healthy School (GHS), Germany

- Commonalities & differences between the SHE and the Good Healthy School approach in preventing musculoskeletal disorders and promoting good health

Implementation of physical activities in schools

Heinz Hundeloh, Senior expert, Germany, Better schools by promoting exercise and preventing MSDs in schools

- The importance of exercise for learning, health and development
- Factors for a successful implementation of physical activities in schools

A strategic approach to MSDs prevention in schools – Breakouts

- Task: As an outsider, what do I need to keep in mind when talking to schools about promoting good physical health?
- Report from the Breakout groups: Our core-message for sustainable MSDs prevention...

BREAK

Education for Sustainable Development (EDS) – Keynote speech

Arjen Wals, Wageningen University, The Netherlands: Transformative Learning for socio-ecological sustainability using the Whole-School-Approach

Maria Klotz, Institute for Work and Health of the German Social Accident Insurance (DGUV), asks for consequences for education and training in occupational safety and health

Panel

Anette Schulz, Schools for Health in Europe Foundation (SHE), Denmark

Peter Paulus, Leuphana University, Germany

Arjen Wals, Wageningen University, The Netherlands

Tim Tregenza, European Agency for Safety and Health at Work (EU-OSHA)

- How does integrating safety and health into education contribute to Education for Sustainable Development (EDS)?
- To what extent does sustainability represent a quality feature of OSH education and training?
- What role does the promotion of physical health play in education for sustainable development?

Questions & Answers from the audience

Need for joint action

Networking via Wonder.me