



*SDG - Agenda
2030*

*Mental health workload: EN
ISO standards*

**Don't
miss
them**

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SUSTAINABLE DEVELOPMENT GOALS



For better and more sustainable future for all

The 2030 [Sustainable Development Agenda](#) was adopted by all United Nations Member States in 2015. While they are not legally binding, countries committed to implement them. This Agenda includes [17 Goals sub-divided in 169 targets](#) including three equally important dimensions: economic, environmental and social, as well as a fourth horizontal dimension on governance. Among these 17 goals, Goal 3 “Ensure healthy lives and promote well-being for all at all ages” and Goal 8 “Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all” are directly related to how companies manage health and wellbeing at work.

Any idea on how to contribute to, for example, the following targets:

- By 2030, reduce by one-third premature mortality from non-communicable diseases through prevention and treatment and [promote mental health and well-being](#)
- Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.
- By 2030, achieve [full and productive employment](#) and decent work for all women and men, including for young people and persons with disabilities, and equal pay for work of equal value
- Protect labor rights and promote safe and secure working environments for all workers, including migrant workers, in particular, women migrants, and those in precarious employment.

Find more!



Mental workload: the EN ISO 10075 series of standards

The three parts of EN ISO 10075 provide orientation regarding key terms and principles for the design of work and for requirements concerning measurement methods.

[ISO 10075-1:2017](#) defines terms in the field of mental workload, covering mental stress and mental strain, and short- and long-term, positive and negative consequences of mental strain. It also specifies the relations between these concepts involved. In this document, the mental workload is regarded as an umbrella or generic term, referring to all the concepts and constructs mentioned in the document and does not have a specified or standardized meaning of its own within the document.

Since standards must take account of the general consensus between experts regarding the latest observations and knowledge, they are reviewed at regular intervals. This was the reason for the addition of the essential terms and concepts during the revision of EN ISO 10075-1. Potential long-term effects of this strain are now also considered, however, namely competence development and burnout as facilitating and impairing consequences respectively.

The stress response was added to the impairing effects resulting from short-term exposure. The amendments to the first part of the standard resulted in a need for the design principles described in [EN ISO 10075-2 2](#) to be adapted.

A broad spectrum of methods is available for measuring mental strain. These methods differ in the manner by which data are recorded (e.g. observation, interviews, physiological measurement), the area in which they are applied (sectors, hierarchical levels in organizations, vocational groups, task classes), and in their respective theoretical underpinnings. [EN ISO 10075-3](#) defines the criteria relevant to the assessment of the measurement characteristics of instruments (reliability, validity, objectivity, etc.).

The level to be attained depends upon the respective purpose of the measurement. The highest requirements apply when reliable and valid data are desired, for example for planned measures for work design, i.e. when a precision measurement is intended.

[More](#)

Don't miss them



[Upcoming OHS and WHP events](#)

[The effectiveness of workplace health promotion interventions on physical and mental health outcomes - a systematic review of reviews.](#)

This review found evidence of workplace health promotion to prevent weight-related outcomes, depression and musculoskeletal disorders. However, there is an absence of reviews concerning the effectiveness of workplace interventions on the onset of lung diseases, type 2 diabetes, and cardiovascular diseases. It is currently not possible to formulate evidence-based recommendations about which components and in what dose or frequency should be applied.

Proper KI, van Oostrom SH. The effectiveness of workplace health promotion interventions on physical and mental health outcomes - a systematic review of reviews. Review [online first; 28 May 2019]

[NHS Employers: Menopause and the workplace](#)

This report contains information regarding the menopause and how it can affect your workforce and It also contains guidance from the Faculty of Occupational Medicine on how to improve workplace environments for staff experiencing the menopause. There is also a section on what some trusts are currently doing to support their employees.

[Supporting return to work among employees with musculoskeletal or mental health conditions: an evidence-based practical resource.](#)

This resource synthesizes the research evidence on the practical solutions that workplaces can implement—in conjunction with workers' compensation, insurance, and health-care authorities—to support the return to work (RTW) of employees with musculoskeletal disorders or mental health conditions. This two-page guide emphasizes that the most effective RTW strategies package together interventions from more than one of three areas of RTW support: health services, case coordination, and work modification.

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