

# L'esperienza dell'unità di ricerca epm (ergonomia della postura e del movimento) per l'analisi del rischio e la prevenzione delle patologie muscolo-scheletriche correlate al lavoro (WMSDs)

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## KEY WORDS

Work-related musculoskeletal disorders; postures; ergonomics

## SUMMARY

*«The experience of the “Ergonomics of Posture and Movement (epm)” research unit for risk assessment and prevention of work-related musculoskeletal disorders (WMSDs)». The twenty-year experience of the “Ergonomics of Posture and Movement (epm)” Research Unit for prevention of work-related musculoskeletal disorders (WMSDs) is briefly summarized. The epm research unit is the outcome of an agreement between Milan University (Clinica del Lavoro Luigi Devoto), Milan Polytechnic, Don Gnocchi Foundation IRCCS (Bioengineering Centre) and the Regional Health Service (CEMOC of ICP Hospital). Early activities of epm (1985-1993) are first outlined: they are characterized by a wide range of laboratory studies allowing the development of original methods and criteria for on-site analysis of fixed postures and awkward movements and for ad hoc clinical examination of the musculoskeletal apparatus in working populations. Epm contributions are reviewed for the analysis of working activity involving manual load handling (adapted NIOSH method) and hospital patients (MAPO method) as well as for standardization of health surveillance protocols of spinal diseases. Updated contributions are reported on analysis and prevention of upper limb MSDs connected with upper limb repetitive movements (OCRA method). Finally epm's main collaborations with national and international Authorities are summarized as well as the major technical (health promotion) publications addressed to operators and workers, in different working situations, for prevention of musculoskeletal disorders due to biomechanical overload.*