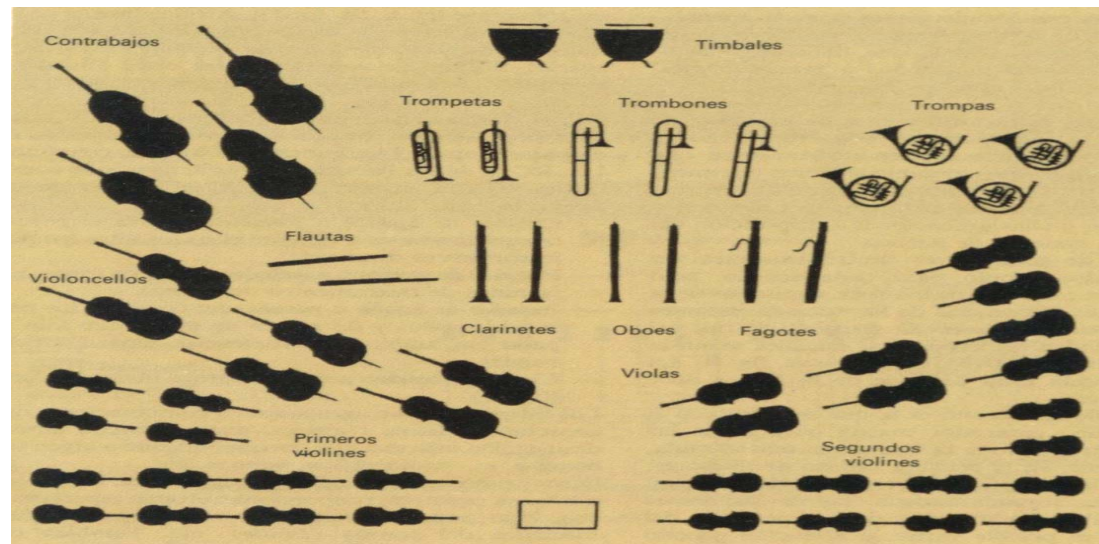




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Occupational Health of the Symphony Orchestra musicians





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Maria José Laguna

University Master in Occupational Health and Safety

Alicia Roiz

University Master in Occupational Health and Safety

Coordination in FSC CC00

Francisco Bernal. Secretariat of Occupational Health

Gabriel Moreno. Secretariat of Occupational Health

Antonio Muñoz. Work Area of Symphonic Orchestras.





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Risks of musical practice with instrument

Rigid hierarchical structure

Without participation

Very high probability of musculoskeletal damage





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This reality is quite unknown in our country





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Making the invisible visible





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Law 31/1995 of November 8th

Transposes the EU Directive–Council
Directive 89/391/EEC of 12 June 1989





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The company has a duty to establish proper precautions to ensure the safety and health of musicians





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Global duty to protect of employer to his employees
(*Art. 14 LPRL*)



Methodology

Qualitative Method for the assessment of psychosocial risks

Qualitative and quantitative method for assessing ergonomic- psychosocial hazards



Work groups

Semi-structured interviews with key informants

Psychosocial assessment method FPSICO by National
Institute of Occupational Safety and Health at Work

OCRA checklist for assessing risk for upper limb repetitive
movement

SOFI-SM questionnaire for the assessment of physical,
mental and psychological fatigue in musicians



The results show the risks psicosociales as the own musicians express and live through it
An exploration of the organizational structures of orchestras
A risk rating of the upper limb repetitive movement





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The intervention includes employers,
unions and the State





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Ergonomic-psychological study





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Spain

Applied psycho

Europe

Cognitive and organizational ergonomics





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A property of the musical work is being repetitive
to a large number of instruments.

Musculoskeletal injuries in the upper limbs

OCRA Check-list

Regulation ISO 11228-3

Norma UNE-EN 1005-5





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FPSICO method
Unfavorable conditions that are at the origin





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Mental workload
Temporary Autonomy
Work content
Supervision - participation
Role definition
Interest in worker
Personal Relationships





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Some survey data





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26 orchestras checked.

24 were formed in the twentieth century.

12 of them since 1990.





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- Public budgets
- Ministry of Culture
- Regional Government
- City
- County

Only 2 are private





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Only part of the health problems musicians present are attributable to musical instrument practice itself.

Other factors have organizational origin and have become visible in this work.





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- Work organization
- Class structure
- A denial of autonomy in carrying out tasks





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Their pathologies are related to how
times are distributed, paces of work,
space, etc.





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The authority exercised by the Conductor.

That of the Personnel manager.

None of two parts allows the meddling of other
one in their own field.





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About the workspace





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57.3% said that its design is not suitable
75.1% said they do not have adequate space for study
and / or concert preparation
36.4% believed that their work space is not adequate
71.3% said there were no proper rest areas





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53.4% said that the temperature is not adequate

40.4% believed that the lighting is not adequate



Noise level

100% is affected in their ears

Everyone is affected in sleep

in their level of fatigue

in their level of anxiety

in their level of stress

in their relationships.

only 32.8% have adequate personal hearing
protection





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High attention on individual work
Very high in conducted rehearsals or
live performances





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The degree of participation in the decisions made in the company is very small or nonexistent
95.2% is not inquired to determine the number and time of rehearsals.
79.1%, not for troubleshooting.
96.8% is not consulted for the selection of pieces to be played in the season



In 50.9% of working places have not been made risk assessment.
55.4% has received no training or information about the risks of his/her job.
51.6% said they did not have health surveillance





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62.1% have had in the past year musculoskeletal disorders





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38.1% go to private specialists.

81.3% considered that the care received
were not suitable to the profession of
musician.





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Improving working, physical and organizational conditions.

We need a public network of specialized medical centers.

The retirement age of the musicians must be revised, with a corresponding correction factor.





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A Europe-wide study
Commonly accepted methodology
Irrefutable technical validity
Support of unions and employers





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"There is something superior to culture and art:
the artist himself,
who is the representative of humanity
in all its aspirations. "

Friedrich Hebbel





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Thank you very much for your attention.

musicosyartistas@fsc.ccoo.es

