

Newsletter 2

PAINFREE



Co-funded by
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Back pain is one of the leading causes of employee discomfort and absenteeism. The PainFree project has been created to work on this important topic. Led by Faculty of Health Studies of Rijeka and financed by the European Commission has been designed to work on the prevention of back pain in the workplace.

HOW COMPANIES CAN BENEFIT FROM PAINFREE PROJECT

The main objective of PainFree project is to encourage a healthy lifestyle in the workplace by promoting physical exercise.

Creating a healthy work environment for your company will prevent back pain, decrease absenteeism and thus improve productivity.

Invest in your employees' health today for a more productive tomorrow!

HOW EMPLOYEES CAN BENEFIT FROM PAINFREE PROJECT

The PainFree project can be a first step towards achieving a healthier lifestyle and a pain-free work-life.

A better understanding of the causes and effects of back pain and the practice of regular exercise and sport can help employees to prevent back pain or reduce their impact on our daily lives.

Invest in your health today to improve your quality of life tomorrow!

PROJECT DEVELOPMENTS

Over the past months, the PAINFREE project partners have identified existing knowledge about back pain to improve understanding of its origins, causes, and effects. Research activities and focus groups with experts have been developed in the different partner countries to know the perspectives, experiences and suggestions of professional on how to prevent and manage back pain and its incidence in the development of work activities.

Some of the conclusions from the research conducted are the following:

- Back pain has many potential causes, such as diseases, health conditions both physical and mental. There are also some factors that can increase the risk of developing or aggravating back pain such as ageing, unhealthy lifestyle habits, work conditions (repeated movements, strenuous activities, poor posture.)
- Musculoskeletal problems (including low back and neck pain) are among the leading causes for poor health, disability and work absence in Europe. About 70% of the adult population experience these problems at some point in their lives. It causes an enormous burden on individuals.



- The high prevalence of back pain emphasizes the need for a preventive approach in every workplace.
- Physical activity contributes to the prevention and management of musculoskeletal problems.
- The importance of using a holistic approach to health and wellness to develop pain free prevention programs that address all potential factors of risk and specific needs of each individual.
- The need to encourage healthy habits in the workplaces to improve the quality of life of the employees and productivity of companies.

THE NEXT STEPS OF THE PAINFREE PROJECT

With the knowledge resulting from research phase a specific innovative **Training Program** is being developed for a multidisciplinary group of experts to promote pain free work environments.

- *January 2025: A Pilot Course will be developed in Bulgaria to test the Training Program with professionals* from all project partner countries: sport operators, sport instructors and trainers, as well as back pain medical experts.

- *From February to June 2025: We will start the Pilot Courses to test the Training Program in the project countries with beneficiaries (workers and companies).* Our teams of national experts from various domains will provide tailored free pilot courses to prevent and manage back pain.



This pilot program will include prevention, diagnosis, and rehabilitation components, providing practical, interactive and personalized solutions that can be easily implemented in your workplace and integrated into a daily routine at work.

Contact your national organization to join the pilot program!!

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PILOT TRAINING PROGRAM "PAINFRE"
START DATE: February 2025
DURATION: 2 free training sessions per participant.
OBJECTIVES OF THE PROGRAM: <ul style="list-style-type: none"> ● Preventing back pain through physical activity ● Enhance employee's well-being ● Reduce work absence and improve productivity.
PARTICIPANTS: Workers and company managers.
TRAINING CONTENTS: <ul style="list-style-type: none"> → Ergonomic assessment of back pain → Educational workshops with experts → Physical activity sessions with professional coaches



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Both companies and workers can contribute to creating a healthy pain-free work environment.

FOLLOW THE PROJECT:



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