

## Why you should consider sex/gender in your MSD prevention efforts



**Date and Time:** Thursday June 16<sup>th</sup> at 15:00 UTC

**Duration:** 90 mins

### Webinar Objectives:

- ✓ to demonstrate why it is important to consider sex/gender in our musculoskeletal disorder (MSD) prevention efforts.
- ✓ to summarize evidence highlighting how MSD prevention efforts can fail when sex/gender is not considered, or be strengthened when sex/gender is considered and,
- ✓ to discuss and debate how to better integrate sex/gender into MSD prevention research and practice

### Webinar Co-Chairs:





Susan Stock, MD MSc FRCPC | Head, Scientific Group on Work-related Musculoskeletal Disorders, Quebec Institute of Public Health (INSPQ) | Associate Clinical Professor, Department of Social and Preventive Medicine, University of Montreal | IEA Gender & Health Technical Committee | [susan.stock@inspq.qc.ca](mailto:susan.stock@inspq.qc.ca)

Steven Fischer, PhD, CCPE, RKin | Associate Professor, Department of Kinesiology & Health Sciences, University of Waterloo | IEA MSD Technical Committee Chair | [steven.fischer@uwaterloo.ca](mailto:steven.fischer@uwaterloo.ca)

**Zoom link for registration.** Registration is free to all interested people. The webinar will be recorded and published on YouTube. Registration permits live interaction with the presenters via Q&A.

[https://us02web.zoom.us/webinar/register/WN\\_ZkZaAq6ySgu57tX6NFYXhg](https://us02web.zoom.us/webinar/register/WN_ZkZaAq6ySgu57tX6NFYXhg)

**Presenters:**

	<p><b>Presenter:</b> Minke Wersäll, MSc   Senior Analyst at Arbetsmiljöverket (Swedish Work Environment Authority)   <a href="mailto:minke.wersall@av.se">minke.wersall@av.se</a></p>
	<p><b>Presentation Title:</b> Gender conscious OSH-management in order to prevent WMSD</p>
	<p><b>Presenter:</b> Margaux Vignet, PhD   Psychologist and Project Manager, Ariane Conseil, France   <a href="mailto:margaux.vignet@gmail.com">margaux.vignet@gmail.com</a></p>
	<p><b>Presentation Title:</b> Photography diagnosis and WMSD risk exposure for women and men</p>
	<p><b>Presenter:</b> Julie Côté, PhD   Professor, Department Chair, Kinesiology &amp; Physical Education, McGill University   <a href="mailto:julie.cote2@mcgill.ca">julie.cote2@mcgill.ca</a></p>
	<p><b>Presentation Title:</b> Update on sex/gender-specific analyses of occupational upper limb tasks: Similarities? Differences? So what?</p>
	<p><b>Presenter:</b> Kathryn Sinden, RKin, PhD   Associate Professor, School of Kinesiology, Lakehead University   <a href="mailto:ksinden@lakeheadu.ca">ksinden@lakeheadu.ca</a></p>
	<p><b>Presentation Title:</b> How incorporating a sex and gender lens influenced applied ergonomic research</p>

## Reading List:

### Online references:

- Swedish Work Environment Authority. Gender equality in the work environment: <https://www.av.se/en/work-environment-work-and-inspections/work-with-the-work-environment/gender-equality-in-the-work-environment/>
- Swedish Work Environment Authority. The organisation makes the difference. (a short You-Tube movie about learnings from the Swedish Work Environment Association (SWEA) from a 2011-2014 government Assignment to develop and carry out special efforts with the aim of preventing women from being knocked out of working life due to work environment related problems). <https://www.av.se/en/work-environment-work-and-inspections/work-with-the-work-environment/gender-equality-in-the-work-environment/> (scroll down to “The organisation makes the difference”)

### Select References (book, articles, reports): (in alphabetical order)

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- Carpentier-Roy, M.C. (1991). *Corps et âme. Psychopathologie du travail infirmier*. Montréal : Liber.
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- Forsberg KS, Annika Väänje A, Parding K. Bringing in gender perspectives on systematic occupational safety and health management. *Safety Science* 2022, 152: 105776 (1-10)

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- Lewis C, Mathiassen SE (2013). State of Knowledge Report: Physical work, gender, and health in working life. Report 2013:9, Swedish Work Environment Authority. <https://www.av.se/globalassets/filer/publikationer/kunskapssammanstallningar/physical-work-gender-and-health-in-working-life-kunskapssammanstallning-2013-9-eng.pdf>
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- Messing K. *Bent out of Shape: Shame, Solidarity and Women's Bodies at Work*. Between the Lines Books, Toronto, 2021
  - French version : Messing K. (trad. (translated by) Geneviève Boulanger). *Le deuxième corps : Femmes au travail, de la honte à la solidarité.*, Écosociété, Montréal, 2021. <https://ecosociete.org/livres/le-deuxieme-corps>
  - Korean edition in 2022 by Narumbooks, Séoul.
- Messing, K., Stock, S. R., & Tissot, F. (2009). Should studies of risk factors for musculoskeletal disorders be stratified by gender? Lessons from the 1998 Québec Health and Social Survey. *Scandinavian journal of work, environment & health*, 35(2), 96–112. <https://doi.org/10.5271/sjweh.1310>
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- Slopecki MJ, Messing K, Côté JN (2020) Is sex a proxy for mechanical variables during an upper-limb repetitive movement task? An investigation of the effects of sex and of anthropometric load on muscle fatigue. *Biology of Sex Differences* 11: 60.10.1016/j.jelekin.2021.102564.
- Yang C, Côté JN (2021). Sex-specific effects of muscle fatigue on upper body kinematics and discomfort during a repetitive point task performed on a sit-stand stool. *International Journal of Industrial Ergonomics* 85 (Sept), 103188.
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- Yoon A, Bailey C, Cohen N, Côté JN (2021) Changes in muscle activation, oxygenation, and morphology following a fatiguing repetitive forward reaching task in young adult males and females. *Journal of Electromyography and Kinesiology* (Aug) 59: 102564