

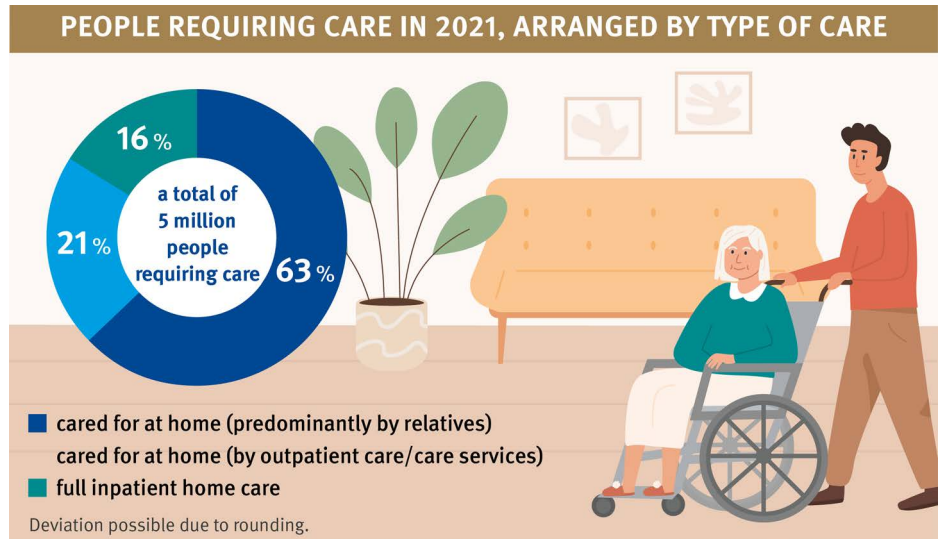


Page 2: On the commitment to inclusive sport – an interview with Jörg Schudmann, Director General of the German Social Accident Insurance Institution for the Health and Welfare Services (BGW)

Care in the home and staying healthy

12 May is International Care Day, a day that honours all those who care for those in need of care. These people don't always wear a white coat and work in hospitals or nursing homes. Rather, the majority of those requiring care are cared for by relatives – at home, unpaid, often 24/7. To ensure that their health does not suffer, they have to organise their own care properly, learn a great deal of new things and accept help. This help also comes from statutory accident insurance.

Germany's Federal Statistical Office estimates that there were five million people in need of care in 2021. Five out of six of them – that is 4.17 million people – are cared for in the home. The number of relatives who care for them is correspondingly high - exact figures are not available. They are children, partners, neighbours and friends. Their everyday lives change drastically, they face new challenges and they put their own needs aside. "The multiple burdens of having to work and then caring for a relative can lead to carers feeling burnt out," says Dr Edlyn Höller, Deputy Director General of the German Social Accident Insurance (DGUV). "The longer and more intensive the care required, the greater the strain. Everyday care wears on the strength and nerves of everyone involved." Nursing is physically hard work. The back, the skin and the immune system all come under considerable strain, but the psychological strain is



About five out of six people in need of long-term care were cared for in the home in December 2021 – 2.55 million people cared for mostly by relatives.

also great. Carers should, therefore, be mindful of their own health, plan time off and accept help. This will allow them to find plenty of joy in their daily care routine, while those in need of care can remain fit longer in their familiar surroundings.

Care in the home is covered by statutory accident insurance

Anyone who provides non-professional care in the home environment for persons in need of care with a care level of two or higher and for at least ten hours on at least two days a week, is covered by statutory accident insurance. This applies to accidents that occur during care and related journeys – they are covered automatically and free of charge. In the event of an accident, all suitable means are used to remedy any adverse consequences resulting from it. In addition, the relevant accident insurance institutions have various offers to prevent accidents, illnesses and health hazards caused by caring. These come in the form of advice, specialist magazines and extensive web portals such as "Sicheres Pflegen zu Hause" (Safe care in the home) of the German Social Accident Insurance Institution for the Public Sector in North Rhine-Westphalia (UK NRW). But how can relatives learn about this?

Help that gets to where it is needed

If people need care as a result of an accident at work or during the commute to work, the accident insurance institutions contact the relatives through their rehabilitation managers while they are still in hospital. They advise them and involve them in everyday care at an early stage. It's more difficult to reach the relatives of people in need of care who don't have a work-related connection, which is why the UK NRW, for example, also relies on training courses for facilitators such as care advisors. After all, they are the ones who have contact with family caregivers and can point out topics and offers of help. And there are plenty of these: care planning, networking, emergency contacts, accessible home design, dealing with dementia or aggression and, most importantly, self-care. "People who care for others must also think of themselves," Höller explains. "The accident insurance institutions have so many suggestions and tips on how to do this."

➔ www.sicheres-pflegen-zuhause.de (German only)

➔ www.dguv.de › Webcodes: d1754 (German only)



Jörg Schudmann, Director General of the BGW

Athletes with Disabilities – Inclusive sports and equal access are not the rule

Dear readers,

The skin never forgets. You've probably heard this time and time again. When the weather warms up and the sun comes out more often, the importance of protecting our skin against harmful UV radiation increases. As understandable as it is to savour being out in the sun after all those dull, grey months, we shouldn't forget that protection against UV radiation can be necessary as early as spring, as the UV index can hit its peak values from as early as April onwards. Exercise caution, therefore, as UV skin damage only becomes apparent after years or decades. It causes the skin to age faster and can lead to skin cancer, such as non-melanoma skin cancer, which was added to the list of occupational diseases in 2015. Around 3,500 diseases were recognised as work-related illnesses in 2021, and 21 people died of the consequences of these conditions in that year. So, it is worth being relentlessly reminded that UV radiation is treacherous ... but you can protect yourself!

The German social accident insurance launched an information campaign on the most important 2m² of your life, your skin, as early as 2007. Since then, much has been done within companies, schools, colleges and universities. Keeping to the shade where you can, wearing long clothing and headgear, and using sunscreen have become more normal in recent times, but not always routine, and the risk is still often underestimated. Companies need to do more to protect their employees, especially if they work outdoors a lot. But their employees need to cooperate, too. Plus, sun protection should go without saying during leisure time. There's no such thing as a healthy tan. Your skin and your overall health will thank you for it.

Dr Stefan Hussy
Director General of the German Social
Accident Insurance (DGUV)

#UnbeatableTogether – this is the motto of this year's Special Olympics World Games. The event takes place in June in Berlin, which is the first time it will be held in Germany. Thousands of athletes with learning disabilities and other multiple impairments will compete together in 26 sports. The games are being arranged by Special Olympics Germany (SOD) via a local organising committee. The German Social Accident Insurance Institution for the health and welfare services (BGW) has been cooperating with SOD since 2021. DGUV Kompakt spoke with Jörg Schudmann, Director General of BGW, about its commitment to inclusive sports.

Mr Schudmann, the BGW entered into a cooperation with Special Olympics Germany in 2021. Why is this?

Supporting inclusion in the world of work has been an important topic for the BGW for several years. On one hand, this is because we have a legal mandate to rehabilitate insured individuals following a serious occupational accident or a work-related illness and to pave the way for them to re-

turn to their professional and social lives. On the other, many people living with disabilities are employed in workshops and other welfare institutions and are insured with the BGW, so we want to contribute to making inclusion a reality, so that everyone can participate as a matter of course. Sport is more suitable for this than almost any other activity. The BGW has been involved in sports for the disabled for a long time. Our cooperation with SOD allows us to extend this commitment to people with learning disabilities and those with other multiple impairments.

What does sport have to do with health and safety at work?

Sport is beneficial for a person's individual health and also supports health and safety in the workplace. People with learning disabilities in particular benefit from engaging in sport. In sport, they experience self-efficacy and can build up confidence in their own abilities. Improved body awareness, greater concentration and attention also help to reduce accidents. In this way, sport contributes to illness and injury prevention. This is why SOD and BGW have agreed on measures to promote health and safety in facilities for people with disabilities and to sensitise facility managers to these correlations. In addition, sport naturally plays an important role in the rehabilitation process.

Your cooperation with SOD also includes a joint research project on the topic of inclusive sport in Germany. How equally can people with disabilities participate in sport?

The study is a first step in recording the situation in its current state. It's not finished yet, but we announced an interim status last winter. The good news is that in 29 out of 30 sports we looked at, there is at least one variant for people with disabilities, and not only from associations that focus exclusively on sports for people with disabilities. So, you could say the topic has arrived in the world of sport. However, activities geared exclusively for people

9 Days full of sport and emotions

The 16th Special Olympics World Games will take place in Berlin from 17 to 25 June 2023. To mark the occasion, the DGUV, BGW and SOD are joining forces with the Tagesspiegel newspaper to publish the Special Olympics newspaper in print and in digital form. It will report on the history of the Special Olympics, the values of disability sport, social participation and the promotion of health and safety at work.

→ www.berlin2023.org/en



Ready for the Special Olympics World Games in Berlin – the women's handball TeamSOD at a sports preparation course in Herzogenaurach near Erlangen.

with disabilities are more common than inclusive activities in which people with and without disabilities can participate in sport together. People with disabilities who want to practice sport are still limited in their opportunities for participation and choice. The BGW will publish its first comprehensive report on the study around the time of the Special Olympics World Games.

partnership with the PARITÄTISCHE Hessen. In addition, an exhibition of the touring BGW photo competition entitled "Person – Work – Disability" will be on display at the Neptune Fountain on Berlin's Alexanderplatz for the entire duration of the event.

What are you personally looking forward to most?

Honestly? Living inclusion. At events like this, inclusion comes as naturally as it should in everyday life. I'm thrilled to see how sport connects people every time. Plus, not just the performances, but also the emotions, displayed by the athletes are impressive. The Special Olympics World Games are the world's largest inclusive sporting event and they are taking place in Germany for the first time – it be a truly enriching experience.

➔ www.bgw-online.de/sod
(German only)



Jörg Schudmann,
Director General of the BGW

“**At events like this, inclusion comes as naturally as it should in everyday life.**”

How will the BGW be involved in the Special Olympics World Games?

As in summer 2022 with the Special Olympics National Summer Games, BGW will also be supporting this major inclusive sporting event in 2023 as part of its cooperation with SOD. Every day, students and BGW junior staff will actively support the event on site as what we'll be calling "corporate volunteers" and then bring their impressions back to us at the BGW. We'll also be at the Special Olympics Festival in the Messe Berlin's Sommergarten, where we'll be presenting the BGW climbing tower and the concept of "Inclusive Climbing". Plus, we'll be selecting the winners of this year's art competition in

Occupational health and safety

25 Years of Napo – A film hero celebrates his birthday! The cartoon character overcomes challenges that employees encounter in their everyday working lives in entertaining videos. Indeed, companies all over the world use Napo's films to promote health and safety in the workplace.

A quarter of a century ago, a likeable role model for occupational health and safety was needed. Quite a task! Firstly, the topic had to be handled without coming across as preachy. Secondly, there had to be no cultural or linguistic barriers. With this in mind, national occupational health and safety organisations from four European countries launched a competition.

The result was Napo. Without the need for words, he makes the importance of a safe and healthy working environment indisputably clear. In his self-deprecating way, Napo succeeds in building enthusiasm about health and safety in the workplace among his international audience.

More than 30 videos have now been created and have gone viral worldwide. With 116,000 subscribers on YouTube, he truly is the DGUV's "media star". From electricity, to stress, to hazardous substances and noise – Napo is always on hand with useful tips. The films can raise awareness of a specific topic within companies or even lighten up a training session.

To mark the occasion of his birthday, his first film on safety labels has been given a fresh look. The contents did not have to be adapted, though – they're still relevant even 25 years later.

➔ www.tube.dguv.de
➔ www.Napofilm.net



The cartoon character Napo overcomes challenges that employees encounter in their everyday working lives.

Covid-19 as a work-related illness – almost 300,000 suspected reports

The preliminary figures for work-related accidents and illnesses for 2022 continue to reflect the Covid-19 pandemic. Especially at the beginning of the year, there were many reports of suspected work-related illness due to Covid-19 in the health and welfare services. Overall, 62 per cent more reports were

received than in the previous year. Recognitions also increased by 62 per cent.

The detailed evaluation of the entire 2022 survey can be found at:

→ www.dguv.de › Webcode: dp1320054 (German only)

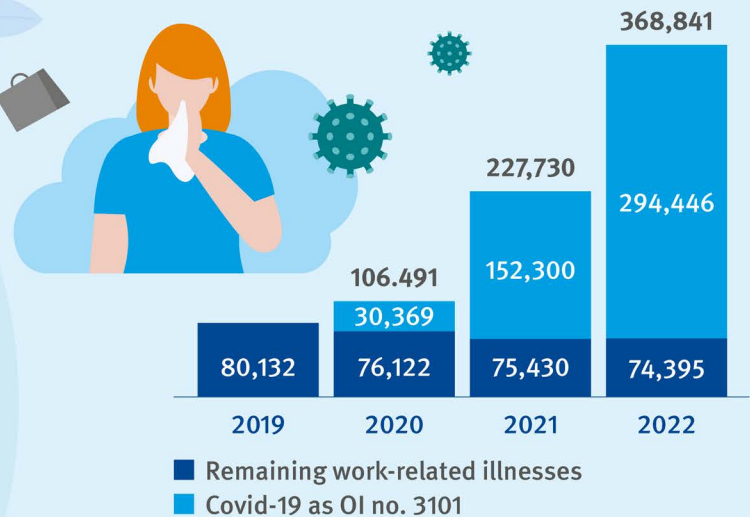
The number of work-related illnesses recognised also increased by 62 per cent to 200,414 cases.

ACCIDENT FIGURES

In 2022, the accident figures were again below pre-pandemic levels. However, it is still too early to claim that this is a permanent development – for example, due to the increased amount of work performed from home.

	2021	Change	2022
Work-related accidents	806,217	-14,519/-1.8%	791,698
Accidents while commuting	170,853	+2,216/+1.3%	173,069
altogether	977,070	-12,303/-1.3%	964,767

NOTIFICATIONS OF A SUSPECTED CASE OF WORK-RELATED ILLNESS



Climate change is also affecting children's daycare facilities

The topic of UV protection has long since arrived in playgroups and nurseries. Awnings, shady areas for playing, headgear and long t-shirts have become routine, but the effects of climate change on daycare facilities are more far-reaching. These will be discussed by the DGUV Institute for Work and Health (IAG) and its partners at the 11th Dresden Daycare Symposium "Kita-Klima in stürmischen Zeiten" (Daycare climate in turbulent times) in lectures and forums. The event, which will take place in June this year, will focus on topics such as climate-appropriate room design, physical and mental health due to increasing heat and allergies. The German social acci-

dent insurance supports parents and educators in all matters concerning health and safety in daycare centres. In addition to the well-being of children, the main concern is that educators can work healthily and safely. For example, the accident insurance institutions for the public sector provide guidance on how to carry out risk assessments and advise on topics such as noise, ergonomics, administering medication, trauma to children, sustainability, the effects of climate change and many other topics.

→ www.dguv.de › Webcode: d1184115, d961112 (German only)



Increasing allergies due to climate change affect the physical and mental health of children.

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