

## HEADLINES

### TO KEEP IN MIND

#### **E-learning courses proposed by INRS**

The catalogue of e-learning courses proposed by INRS is divided into three teaching modalities: self-training, mentored distance-training and mixed training.

#### **Asbestos: a tool to help occupational physicians draw up opinions (sub-sections 3 and 4)**

This tool facilitates occupational physicians' practice by allowing them to provide reasoned opinions, including elements that can be appropriated by the employer to rapidly improve prevention.

### INRS INNOVATIONS

#### **Brochures**

### CONTRIBUTE TO RESEARCH

- Thermal spraying and welding: biological and atmospheric assessments of occupational exposure to chromium and nickel
- Exposure to cutting fluid and early markers of effect: oxidative stress, inflammation and genotoxicity
- Occupational exposure to amorphous nanostructured silica: biomarkers of early effects

## KNOWLEDGE AND REFERENCES

### BROAD VIEW

#### **Breast cancer risk in night workers: current state of knowledge**

This review of the literature presents the current state of knowledge on the link between breast cancer and working at night, and offers some suggestions for prevention.

### FIELD VIEW

#### **Acceptation of exoskeletons by operators: an exploratory study**

This study provides information on the quality of the operator-exoskeleton interaction, identifies points hindering or facilitating this interaction and suggests some risk factors.

#### **Working with altered health: how to prevent occupational detachment?**

This study identifies the conditions through which individual, collective and organisational strategies can be developed to promote continued occupational activity.

#### **Biological monitoring of occupational exposure to chemicals: occupational health team practices**

To determine the impact of good practice recommendations relating to biological monitoring of occupational exposure to chemicals published by the French society for occupational medicine, a questionnaire-based survey of occupational health departments was performed. The results are presented here.

#### **Characterising the effects of exposure to psychosocial factors on mental health and general perceived health - Analyses from the «Health and career trajectory» survey**

Health problems triggered by psychosocial exposure tend to occur in the short term.

#### **New protocol and decline in participation of physicians: data collection for the SUMER 2016-2017 survey challenged by the organisation of occupational health**

These surveys show that despite the interest in and quality of the results produced by the SUMER surveys, the protocol for the 2016-2017 edition was difficult to integrate into an actively evolving occupational setting.

## PRACTICES AND PROFESSIONS

**Health and continued employment: prevention of occupational detachment among workers. Summary of good practice recommendations, February 2019.**

These recommendations propose a common platform from which to promote continued employment of workers with a disability and improve the comprehensibility and coherence of how this population is managed.

## FOLLOWED FOR YOU

**Application of the 2016-2020 Occupational health plan (PST3) at the ministry for the armed forces. 32<sup>nd</sup> French society for occupational hygiene and medicine in the armed forces and the armament industry conference. Metz, 4-5 October 2018**

New tools, studies and approaches were presented to improve prevention of occupational risks, quality of life in the workplace and medical follow-up for army personnel.

**Toxicology in occupational health. Western-France society for medicine and occupational health days in partnership with the French Society for Occupational Medicine - La Baule, 11-12 October 2018**

The following themes were addressed: chemical compounds (traceability, biological monitoring, nanomaterials, asbestos-containing materials), regulatory changes, occupational cancers, risks to pregnancy.

## CLOSE-UP

**Benzodiazepines and work**

This review of the literature presents data on the use and impact of anxiolytic and hypnotic molecules and proposes collective and individual preventive measures.

## REFERENCE TOOLS

### YOUR QUESTIONS/OUR ANSWERS

**Napping and shift work**

How can it be implemented practically?

**Chemical risks and lactation**

How should the risk to the child be assessed?

**First-aid kit**

What should it contain? Can medications be included?

### PSYCHOSOCIAL HAZARDS

**5-item World Health Organisation index of wellbeing (WHO-5)**

This 5-item index can be used to assess the level of subjective psychological wellbeing in respondents.

## WITH OUR COMPLIMENTS

### DATES FOR YOUR DIARY

### FOR YOUR PERUSAL

Selection of books and articles

### TRAINING

Training sessions