



Matthias Zander

Chamber of Crafts
Rhine-Main
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Institution/project

Model planning and testing of a preventive sensitisation and training course method for the avoidance of physical damages in the construction sector, especially with respect to scaffolding.

Short description of the institution/project

The BTZ Weiterstadt aims at the prevention of back strain in the construction branch, especially for young workers in the scaffolding sector. The project aims at sector and target group oriented prevention methods in order to refer to endangerments/risks and to sensitise the target groups, but also to point out, how impairments of health can be avoided.

Short biographical note

- Dipl. Ing. Matthias Magnus Zander, born 29/10/1970 in Frankfurt/Main.
- Employed since June 2000 in the BTZ - Weiterstadt (Chamber of Crafts Rhine-Main) in the following task fields: training supervisor within all areas of construction work, particularly for scaffolding; adult education within the construction industry, particularly master training; execution of national and international projects of the Chamber of Crafts; head of the institute of welding Rhine-Main, honorary activity in various exam committees.

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Getting the better of back problems

Matthias Zander, Vocational Training and Technology Centre Weiterstadt

Construction work puts the supporting and musculoskeletal system under great strain. Data based on a vast number of medical check-ups among construction workers have shown an increase in the number of muscle and skeleton injuries.

Special attention has to be given to scaffolding. There, activities are connected with high risks, but also affected by the manual transport of scaffolding equipment. Research shows that an employee in this sector has to move 6.000 kg of scaffolding equipment horizontally and vertically every day.

The project aims at sector and target group oriented prevention methods in order to refer to endangerments/risks and to sensitise the target groups, but also to point out, how impairments of health can be avoided.

Based on the "construction work specific back training for apprentices" additional information material was developed, which was then applied in theoretical and practical education.

Subsequently, the project was evaluated in detail. The evaluation resulted in a high degree of acceptance of the practical and theoretical instruction. Furthermore, it was shown that preservation of personal health is of crucial importance. However, part of the interviewees doubts the application within the company.

An important part of the project was concerned with the generation of multimedia training modules, which are available via internet. By using new media the findings of the project and the tuition materials can be easily distributed.

Within the workshop carrying exercises as well a exercises of how to pick up and how to pass loads will be demonstrated and will be trained with the participants. For a better understanding further information will be given concerning the function of the musculoskeletal system.