



SEGUNDO EJERCICIO de las pruebas selectivas para el ingreso por el sistema general de acceso libre, en la Escala de Titulados Superiores del Instituto Nacional de Seguridad e Higiene en el Trabajo

Convocadas por Resolución de 1 de diciembre de 2022, de la Subsecretaría (BOE, núm. 296 de Sábado 10 de diciembre de 2022) con corrección de errores por Resolución de 20 de diciembre de 2022, de la Subsecretaría (BOE, núm. 307 de Viernes 23 de diciembre de 2022) y por Resolución de 7 de febrero de 2023, de la Subsecretaría (BOE, núm. 37 de Lunes 13 de febrero de 2023).

19 de mayo de 2023



INGLÉS

The Industrial Revolution started in the second half of the XVIII century in Great Britain and it reached Western Europe during the nineteenth and twentieth centuries. In those years jobs changed enormously due to technification and organization. In theory, technological and social progress were going to improve the quality of working life, but it was not as positive as expected. For several years there were a great number of severe accidents. This was due to the incorporation of new energy sources, substances, processes and machinery. So, there were more complex risks than before, which were more difficult to evaluate and much more difficult to control than the ones before the Industrial Revolution.

In Spain, in 1900, the 'Ley de Accidentes de Trabajo' was the first rule carried out to regulate work accidents against the doctrine of professional risk. This law was known as 'Ley Dato' because Eduardo Dato, who was born in La Coruña in 1856, aimed with this rule to alleviate the economic consequences that work accidents had for workers. Eduardo Dato was killed in 1921. He never got to know the milestone this law has been in the development of the prevention of labour risks in Spain.

One of the key tasks for the European Union since the past eighties has been the improvement of health and safety at the workplace. When in 1987 the notion of Health and Safety was implemented, minimum requirements, which never before existed, were established. After that year other treaties have contributed to establish the different principles now well-known to businesses, entrepreneurs and employers in the European countries.

Thanks to evaluation of risks studies and information campaigns a new culture for prevention and protection has spread out and currently workplaces are safer and healthier.

Let's see from current Spain a couple of general concepts on Labour Risk Prevention.

It is understood as "labour condition" any labour characteristic that may significantly affect the generation of risks for the safety and health of the worker. In this definition are included:

- a) The general characteristics of the spaces, facilities, equipment, products and tools in the workplace.
- b) Physical, chemical and biological agents present in the work environment and their possible intensities, concentrations or presence levels.
- c) All other characteristics of labour that may affect the scope of the risks the worker could be exposed to.

Currently, and as per LPRL we must classify labour conditions in 5 groups:

- 1) Safety conditions
- 2) Physical work environment
- 3) Chemical and biological pollutants
- 4) Workload



5) Work organization

An explanation regarding point 4 is often needed. Workload is the effort required to perform a task. Mental load is the mental effort required to perform a task. Regulation UNE-EN ISO 10075-1:2017 distinguishes between mental stress and mental strain, considering mental load to be a 'generic term taking in both concepts'.

To finish off and to sum up, the wellbeing of workers and their physical and mental health is one of the greatest concerns for all European countries and Health Organizations as well as the optimum minimisation of hazards and the prevention of risks. If all protocols and measures are implemented, workers will suffer less accidents, have less risk of developing work-related illnesses and enjoy better and healthier lives.