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Cross-cultural adaptation, reliability and validity of the Portuguese version of the Brief Norwegian Safety Climate Inventory (Brief NORSCI)

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The aim of this study was to translate and validate the Portuguese version of the 11-item Brief Norwegian Safety Climate Inventory (Brief NORSCI) to Portuguese language and test its validity and reliability in a Portuguese LPG plant. The validity was assessed by an Exploratory Factorial Analysis (EFA). The test-retest reliability and internal consistency were determined by using the Intraclass Correlation Coefficient (ICC) and Cronbach's Alpha, respectively. The Brief NORSCI was translated into the Portuguese language using a forward-backward translation design. The Portuguese version was then applied to a sample of 80 workers. After a 2-week period, workers were asked to fill out a second questionnaire to assess the psychometric properties of the Portuguese version of Brief NORSCI. In the test-retest, the ICC for the Brief NORSCI total score was moderate (0.70) and the Cronbach's Alpha showed an acceptable internal consistency ($\alpha=0.80$). In addition, from the EFA resulted three dimensions according to the theoretical assumptions. The Portuguese version of Brief NORSCI was found to be a valid and a reliable tool to assess safety climate.

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Training on health and safety at work: a priority of educational policy in Bulgaria

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Introduction: The EU Strategic Framework sets out requirements in the field of training and education: social dialogue, awareness raising, law enforcement. EU funds and the European Employment and Social Innovation Program support occupational health training. **Materials and methods:** To study the knowledge and the skills of the workers to protect and strengthen health in the work environment and the effective recovery, there was conducted a questionnaire

and a documentary survey of 364 workers and 40 employers and officials in health and safety at work in economic activities related to administrative services, production incl. construction and retail outlets for the period 2017–2019. An assessment of the level of awareness about the risks of health damage, an assessment of training and ability to work was performed. An analysis of the psychological attitude towards these trainings by employers and employees was made.

Results: The study found reliable information about the knowledge of employees about the risks of their own workplace, the compliance with the rules of safe work, the study of legislation harmonized with European laws, the company policy in occupational medicine, incl. training methods and educational levels.

Conclusions: The facts and the data obtained point to the need to update the legislation to include new requirements for the functioning, the disabilities and the health of the workers, to objectify the relationship “working conditions – health – ability to work.”

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Improvement activities for canteen at workplace using action checklists for changing the behavior of workers

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Introduction: Our company is implementing health management with a purpose of improving workers' health literacy. During the period from 2019 to 2021, we are promoting activities focused on the primary prevention of lifestyle-related diseases. We thought that by intervening in the canteen of the workplace, we could provide many workers with opportunities to change their behavior. As information on a healthy canteen to aim for, we referred to the items required to obtain third-party certification in Japan.

Methods: First, we conducted a semi-structured interview with canteens, at the workplaces regarding healthy meals. As a result, provision and promotion of healthy meals was insufficient in many canteens. In order to improve this situation, we have developed the action checklist by adding good practices obtained from the canteen survey to the items of third-party certification. Secondly, Using the action checklist, we proceeded with improvement activities for each workplace.

Results: We have got the third-party certification at 9 canteens in 7 workplaces. The number of healthy meals eaten and the eating rate vary depending on the canteen, but the average is around 10%, and in best workplace it is around 20% per day on average. In one canteen,