



Your Physical Health Toolbox for you as a manager/HR/AMO/HSE

Free online webinar

In this webinar, you will gain insights into what pain is, the underlying causes of both newly developed and recurring long-term pain.

We will cover the three most common conditions with long-term pain: osteoarthritis, lower back pain, and neck pain. Additionally, we will explore how pain can affect behavior, often in ways that are not beneficial for pain management.

You will also learn why physical activity and movement are not only crucial in prevention but also a central part of treating both newly developed and long-term pain.

Through a combination of knowledge and practical tools, you will be equipped to support and guide employees who experience pain.

The course is aimed at

Leaders, HR, AMR, and HSE managers who want to better understand pain and be more equipped to help employees manage and prevent pain in their daily lives. The webinar will provide both insights and practical tools that you can implement immediately to promote a healthy workplace and reduce absenteeism.

Practical Information

The webinars will take place in June and November in 2025. You can register [here](#).

Instructor for the course

The instructors are pain specialists from Dansk Sundhedssikring, along with specially trained physiotherapists from PrimaCare and Dansk Sundhedsforsikring.

The physical toolkit covers, among other things:

- ✓ Research-based knowledge about pain, including information that many are still unaware of, such as the fact that pain is rarely dangerous—and how this lack of knowledge can lead to inappropriate behavior in many of us.
- ✓ Knowledge about the three most common pain conditions: osteoarthritis, lower back pain, and neck pain.
- ✓ Tools to support an employee with pain.
- ✓ Practical tools that can help you and employees create a healthier workplace.

Your Physical Health Toolbox for you as a manager/HR/AMO/HSE

Physical pain

Pain in the neck and back is the leading cause of the disease burden in Denmark, costing society around 40 billion kroner annually in lost productivity, often due to long-term sick leave. A significant portion of the Danish population experiences daily pain in muscles and joints, and nearly one in three employees' reports pain several times a week.

The workplace plays a central role in preventing long-term absenteeism and creating a healthier work environment.

We offer online webinars focused on understanding and managing physical pain. The target audience is leaders, HR, AMR, and HSE.

The roles of management, HR, AMO, and HSE

Management teams and employees with specific roles regarding employee health and well-being play a key role in supporting employees with pain. Through open dialogue and a culture where it is safe to share challenges, they can contribute to solutions that promote well-being and a healthy work environment.

A proactive approach is crucial for physical well-being. Pain, whether newly developed, recurring, or long term requires an active effort from both the employee and management teams. By gaining knowledge about pain and addressing issues early, while supporting employees with pain, an inclusive workplace is created.

