

II. HEALTH AND SOCIAL PROTECTION

4. Towards efficient risk prevention policies

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Training music students in Finland. Lecturers for 24h: musicians, physiotherapist, doctors.

Training includes ergonomics, instrumental compromises and problems in ergonomics, recovery facts, how to plan personal and collective practising, mental practising, hearing protection, singers issues...

This is important for the education of future musicians to risk prevention.

In Scandinavia, we have also started to train orchestra musicians on how to balance personal practising and a hard timetable, while preventing problems from occurring.

We lose 25% of our muscle strength when travelling and taking planes. Is that taken into consideration in our tour timetables?

Mental pressure in orchestra musicians work: is mental training part of a survival strategy?

Training the orchestral management on how to plan better timetables?