Under the Scientific Auspices

NATIONAL TECHNICAL UNIVERSITY OF ATHENS

5th Hellenic Conference

on Occupational Health and Safety

elinyae-congress.gr



A strategic priority for all

ELINYAE

HELLENIC INSTITUTE FOR OCCUPATIONAL HEALTH AND SAFETY

Under the Auspices

HELLENIC REPUBLIC
Ministry of Labour
an Social Security

23 & 24 November 2026

MEGARON ATHENS
INTERNATIONAL CONFERENCE CENTRE

With the support of

ΣΕΒ
Σύγχρονες Επιχειρήσεις, Σύγχρονη Ελλάδα

Έτος Ίδρυσης 1919
ΓΣΕΒΕΕ
Γενική Συνομοσπονδία Επαγγελματιών Βιοτεχνών Εμπόρων Ελλάδας

ΕΣΕΕ
ΕΛΛΗΝΙΚΗ ΣΥΝΟΜΟΣΠΟΝΔΙΑ ΕΜΠΟΡΙΟΥ & ΕΠΙΧΕΙΡΗΜΑΤΙΚΟΤΗΤΑΣ

SETE

ΣΒΕ 1915
ΣΥΝΔΕΣΜΟΣ ΒΙΟΜΗΧΑΝΙΩΝ ΕΛΛΑΔΟΣ

Monday, 23 November 2026

09.00 – 10.00 **ARRIVAL – REGISTRATION**

10.00 – 10.30 **BANQUET HALL**

WELCOME – OPENING ADDRESSES

Rena Bardani, Chair of the Board, ELINYAE

Prof. Ioannis K. Chatzigeorgiou, Rector, NTUA

Kostas Karagkounis, Deputy Minister of Labour and Social Security

Host: **Irma Rizakou,** Communication Manager, ELINYAE

10.30 – 12.00 **Contemporary Challenges and Strategic Directions in Occupational Health and Safety**

Opening Keynote Speech
Safe Work - Healthy Workplace: Global, European and Greek Views
Prof. Jukka Takala, (Adjunct Prof/TUNI) DSc MSc BSc FFOM, Past President and Board Member, President of ICOH 2015-2022, **International Commission on Occupational Health**

Artificial Intelligence and its Consequences for Occupational Health and Safety
Steffen Bohni Nielsen, Director General of the **National Research Centre for the Working Environment**, Denmark, Chairman of Partnership for European Research on Occupational Safety and Health - **PEROSH**

Safety and productivity: two goals or one shared strategy?
Dr Ioannis Zevgolis, Associate Professor, School of Mining and Metallurgical Engineering, Director of the Laboratory of Tunneling Engineering, **National Technical University of Athens (NTUA)**

Moderator: **Rallou Alexopoulou**, *Journalist, ERT*

Monday, 23 November 2026

PARALLEL SESSIONS

12.00 – 13.30 | **BANQUET HALL**

S1

Artificial Intelligence and Digital Transformation in OSH
Moderator: **Argyro Mavrouli,** *Journalist, Mononews*

Keynote speech:
Humans, robots and artificial intelligence: The OSH challenges in the hybrid organisations of the future
Ioannis Dokas, *Professor, Department of Civil Engineering, Democritus University of Thrace*

OP1

Intelligent Safety: Leveraging AI and Robotics for Risk Prevention
L. Polymenakos, *ERNST & YOUNG Business Advisory Solutions*

OP2

SafetyPass: A Digital Platform for Training, Compliance, Critical Incident Communication and Artificial Intelligence to Strengthen Safety Culture in the Workplace
M. Chochlakis, *NEXTERA GROUP*

OP3

The limits of Artificial Intelligence applications in Occupational Health & Safety
G. Banoutsos, *ERGONOMIA S.A.*

OP4

Pilot evaluation of the use of large language models (LLMs) in risk management and regulatory compliance processes in the cosmetics industry
F. Papasarri, *ZARBIS PHARMACEUTICALS*

OP5

Digital transition in Occupational Health and Safety: The contribution of wearable systems and artificial intelligence to risk prevention on construction sites
N. Georgopoulos, *Technical Office*

13.30 – 14.30 | **LIGHT LUNCH**

Monday, 23 November 2026

PARALLEL SESSIONS

12.00 – 13.30 ROOM MC2

S2

Developing a Safety Culture

Moderator: **Alexandra Lefopoulou,** *Senior Editor & Corporate Affairs Strategist | Founder, Sustainosophy*

Keynote speech:
Occupational Health and Safety through Higher Education: Building a safety culture from the student years
Dimitris Vagenas, *Professor, Department of Chemical Engineering, University of Patras*

OP6
Presentation of Research on Safety Culture in Greek Aviation and its Link to Occupational Safety
I. Kontarakis, *Technical University of Crete*

OP7
Changing safety culture as a key action for sustainable development. Case analysis through the ICSI (Involvement for Continuous Safety Improvement) programme
F. Stamatelos, *MANAGEMENT FORCE*

OP8
From formal compliance to substantive prevention: Findings of the 2026 Panhellenic Survey on Occupational Health and Safety
Sp. Primikyrios, *GEP*

OP9
From Behaviour to Culture & from Culture to Behaviour
I. Agapakis, *SIDENOR*

OP10
The role of workers' participation in Occupational Health and Safety
A. Daikou, *ELINYAE*

OP11
Assessment of Safety Culture through a field survey in an Industrial Environment
M. Konstantinidou, *NCSR DEMOKRITOS*

13.30 – 14.30 LIGHT LUNCH

Monday, 23 November 2026

PARALLEL SESSIONS

12.00 – 13.30 ROOM MC3

S3

Human Factor, Training and New Skills

Moderator: **Dr Nikos Melios,** *Director, CSR Hellas*

Keynote speech:
The human factor in contemporary work challenges
Sofia Anastasiou, *Professor of Human Resources and Educational Management, Dean of the School of Social Sciences, University of Ioannina*

OP12 **Developing innovative training centres for accident prevention among vehicle drivers and construction machinery operators: the cross-border project ACCESS-EDU**
Ath. Tsioutras, *Transportation Engineer*

OP13 **Industry 5.0 and the New Requirements for Occupational Health and Safety. How Can Effective Technical Training Contribute in this Direction?**
N. Paparoupas, *SEV Technical Academy*

OP14 **From certification to specialisation: Self-rescue training with the TSL SRK-15 in Greece**
I. Palapanoglou, *GEP*

OP15 **Integrating artificial intelligence into OSH processes while maintaining human control**
P. Mitsios, *TEKMON S.A.*

OP16 **Asynchronous learning as a means of certifying Continuing Training – An ELINYAE Proposal**
Ch. Chatziioannou, *ELINYAE*

13.30 – 14.30 LIGHT LUNCH

Monday, 23 November 2026

14.30 – 16.00 **BANQUET HALL**

The Human Dimension of Sustainability: Health, Well-being and Social Protection at Work

From Job Demands-Resources Theory to Workplace Change
Evangelia Demerouti, *Professor of Organizational Behavior and Human Decision Processes, Eindhoven University of Technology*

The German Employment Injury Scheme – Prevention, Rehabilitation and Compensation in one hand
Dr. Sven Timm, Deputy Director of the Prevention Department, German Social *Accident Insurance - Federation of the German statutory accident insurance and prevention institutions - DGUV*

Sustainability - The social pillar for businesses and their people
Konstantina Kottaridi, *Professor, Department of Economics, University of Piraeus, Director of the MSc in Bioeconomy, Circular Economy and Sustainable Development and of the Sustainable Development and Circular Economy Laboratory, Executive Director, Athenian Policy Forum*

Moderator: **Giorgos Pantazopoulos,** *Journalist, BOUSSIAS media*

14.30 – 18.00 **ROOM MC3.4**

STUDENT COMPETITION - PHASE B

Monday, 23 November 2026

PARALLEL SESSIONS

16:00 – 17:30 | **BANQUET HALL**

S4

Risk Management and Transport Safety
Moderator: **Antonis Targoutzidis,** *Mechanical Engineer, ELINYAE*

Keynote speech:
Hazards and Protective Measures during Ship Inspections
Nikos Tsouvalis, *Professor, Division of Naval Architecture and Marine Engineering, National Technical University of Athens*

OP17

Consequence Assessment of Accidents involving Trains Carrying Dangerous Goods
M. Christolis, *National Technical University of Athens*

OP18

Safe cargo handling in ports
E. Vafaki, *ThPA S.A. (Thessaloniki Port Authority)*

OP19

When Assumptions Collapse: How Risk Assessment Goes Off the Rails in Complex Aviation Systems
E. Malakis, *HELLENIC AVIATION SERVICE PROVIDER*

OP20

Beyond Physical Safety: The Psychosocial Work Environment as a Foundation for Wellbeing and Safety in the Maritime Sector
T. Skjønhaug, *Kun Centre for Equality and Diversity*

OP21

Good business practices: The case of platform delivery riders. An initiative by Wolt, in collaboration with the Road Safety Institute "Panos Mylonas", under the auspices of the Ministry of Infrastructure & Transport
S. Stamoulos, *Panteion University of Social and Political Sciences*

17.30 – 18.00 | **COFFEE BREAK & E-POSTER VISIT**

Monday, 23 November 2026

PARALLEL SESSIONS

16:00 – 17:30 **ROOM MC2**

S5 **Psychosocial Risks and Well-being at Work**
Moderator: **Eva Tzavala,** *Director, EEDA*

Keynote speech:
Managing Psychosocial Risks at Work: Consequences and Prevention Strategies
Katerina Georganta, *Assistant Professor of Organisational Psychology, Department of Psychology, University of Ioannina*

OP22 **International guidelines on mental health at work**
E. Ntouna, *Thalpos - Mental Health*

OP23 **The effect of workplace incivility on the mental health and professional life of nurses in Greece**
Ang. Triantafyllaki, *National and Kapodistrian University of Athens*

OP24 **Occupational Psychosocial Risks in a Large Multi-Sectoral Tunisian Workforce: A Karasek Model-Based Assessment**
L. Bouzgarrou, *Faculty of Medicine, University of Monastir*

OP25 **Assessment of Psychosocial Factors: What workers tell us even when they do not speak**
A. Armatas, *RMS EPPS*

OP26 **Can you audit well-being? Managing psychosocial risks through ISO 45003**
G. Mathioudakis, *TÜV NORD Hellas*

17.30 – 18.00 **COFFEE BREAK & E-POSTER VISIT**

Monday, 23 November 2026

PARALLEL SESSIONS

16:00 – 17:30 | **ROOM MC3**

S6

Special OSH Topics

Moderator: **Afroditi Daikou, Chemist,** *ELINYAE*

Keynote speech:

A Strategic Model for Integrating Occupational Health and Safety into Organisational Operations

Penelope Sotiropoulou, *Assistant Professor, Department of Public and Community Health, School of Public Health, University of West Attica*

Stelios Zimeras, *Professor, Head of the Department of Statistics and Actuarial-Financial Mathematics, University of the Aegean*

OP27

Reducing and managing interactions between forklifts & pedestrians

D. Skraparis, *ATHENIAN BREWERY*

OP28

From Data to Practice: Demographic and Organisational Determinants of Occupational Accidents in Thrace and the Need for Targeted Prevention Interventions

E. Papazoglou, *Democritus University of Thrace*

OP29

OSH management in Municipalities

G. Makrynos, *Municipality of Keratsini-Drapetsona*

OP30

Reducing electrocution accidents

P. Chatzidimitrakis, *ISOCOM*

OP31

From the European SSbD policy to practice: training and standards to support industry and SMEs

E. Markoulaki, *NCSR DEMOKRITOS*

17.30 – 18.00 | **COFFEE BREAK & E-POSTER VISIT**

Monday, 23 November 2026

PARALLEL SESSIONS

18:00 – 19:30 **BANQUET HALL**

S7

Musculoskeletal Strain

Moderator: **Christos Chatziioannou,** *Electrical Engineer, ELINYAE*

Keynote speech:
A method for calculating the maximum safe load in manual handling, based on the anthropometric characteristics of the worker and the characteristics of the task
Dr Panagiotis V. Tsaklis, *Professor of Biomechanics - Ergonomics & Traumatology, DPESS-TEFAA, University of Thessaly, Dept MMK, Karolinska Institute, SE, Secretary TC Safety & Health, International Ergonomics Association (IEA)*

OP32 **Prevention of risks from prolonged sitting and standing at work - The current situation in the EU and the role of the Senior Labour Inspectors' Committee (SLIC)**
E. Koraka, *Labour Inspectorate Independent Authority*

OP33 **Work through Temporary Employment Agencies in the retail sector: Musculoskeletal and Psychosocial risks**
S. Drivalou, *National Technical University of Athens*

OP34 **Assessment and management of musculoskeletal disorders in office workers using wearable human motion analysis systems and personalised interventions**
Z. Vladeni, *Occupational Physician*

OP35 **Assessment of Musculoskeletal Strain at Workstations in the Plastics Industry: A Pilot Observational Study of 20 Workers**
Th. Goula, *THRACE GROUP (THRACE PLASTICS)*

OP36 **Do wearable exoskeletons reduce musculoskeletal complaints or shift the load? A critical appraisal of the scientific evidence and the role of the occupational physician**
Ch. Serasidis, *Occupational Medicine Specialist*

Monday, 23 November 2026

PARALLEL SESSIONS

18:00 – 19:30 | **ROOM MC2**

S8

OSH in Critical Sectors

Moderator: **Rania Bitzileki,** *Journalist, Tpress*

Keynote speech:

Integrated Assessment of Workers' Exposure to Mechanical Vibrations in Construction Projects

Michalis Galetakis, *Professor, Research Unit "Quality Control - Health and Safety in Mining", School of Mineral Resources Engineering, Technical University of Crete*

OP37 **The use of Unmanned Aircraft Systems as a strategy for limiting occupational risk during bridge inspections**
G. Matthaiou, *Aristotle University of Thessaloniki*

OP38 **The new OSH challenges in BESS energy storage projects**
T. Papagerasimos, *SAMARAS QHSE SOLUTIONS S.A.*

OP39 **Twin Transition in Practice: Integrating Industry 4.0 Technologies for a Radical Upgrade of Health and Safety in Heavy Industrial Environments**
D. Ventouris, *SIDENOR*

OP40 **A strategic audit framework for strengthening Health & Safety across the infrastructure network of the ETVA VIPE Business Parks**
D. Tileli, *BIOSAFETY S.A.*

OP41 **From compliance to a prevention culture: Health and Safety challenges in the construction of the New Heraklion International Airport**
G. Kalostos & F. Tepaskoualos, *HSWC & GEK TERNA*

Monday, 23 November 2026

PARALLEL SESSIONS

18:00 – 19:30 **ROOM MC3**

S9

Worker Health, Well-being and Prevention

Moderator: **Erifyli Galli,** *Communication Advisor*

Keynote speech:

Exercise as a daily practice in the workplace: A natural antidote to pain

Anastasia Beneka, *Professor of Physical Rehabilitation, School of Physical Education, Sport Science and Occupational Therapy, Democritus University of Thrace, Founder of 2BE2MOVE*

OP42 **Organised Occupational Medical Response as a complementary element of Occupational Health and Safety**

Th. Mavroeidis, *AMBU24 - Medical Services*

OP43 **Population-Based Study of an Employee Support Day Centre: "Investigation of the Demographic and Clinical Characteristics of Beneficiaries of an Employee Support Day Centre"**

A. Sympoura, *Employee Support Day Centre, THALPOS - Mental Health*

OP44 **Perceived Barriers and Adherence to a Functional Exercise Programme for Workers in Sedentary Jobs**

M. Kottara, *Democritus University of Thrace*

OP45 **Occupational Metal Exposure and Diabetes Onset: A Scoping Review on Epidemiological and Analytical Evidence**

B. Vincenti, *INAIL*

OP46 **Endocrine chemical disruption**

S. Konstantopoulou, *ELINYAE*

Tuesday, 24 November 2026

09:30 – 11:30 | **BANQUET HALL**

European Policies, Technological Innovation and International Cooperation in Occupational Health and Safety

Occupational Health and Safety as a Fundamental Human Right
Dr Andreas Stoimenidis, *Mechanical Engineer, MSc, MEd, Chair MB and EB EU- OSHA, Chair Standing and Vision Zero Commission Working Parties, President OSETEE, Political OSH Secretary GSEE*

Safety of robotics and autonomous systems: new risks and possible measures
Dr. Alessandra Ferraro, *Mechanical Engineer, Senior Researcher at the Department of Technological Innovations and Safety of Plants, Products and Anthropogenic Settlements (DIT) of the Italian National Institute for Insurance against Accidents at Work - INAIL*

Advancing Occupational Safety and Health in Africa: Regional Perspectives and Opportunities for International Collaboration
Mohamed Amine Zahr, *Country Representative for Morocco and Chairperson, Education Training & CPD Committee, ASHEPA*

Host: **Irma Rizakou,** *Communication Manager, ELINYAE*

From Research to Practice: Findings, Conclusions and Prospects
Dr Paraskevi (Evi) Georgiadou, *Chemical Engineer, Research & Development Division, ELINYAE*

PANEL DISCUSSION
Dr Konstantinos Agrapidas, *Director General of Labour Relations, Ministry of Labour and Social Security*

Giorgos Lamprinos, *President of PASYMEP, Chairman & CEO of GEP*

Giorgos Christoforidis, *Mechanical Engineer, Secretary General of PASYMEP, CEO of SAMARAS QHSE SOLUTIONS S.A.*

Dr Giorgos Skroumpelos, *Mechanical Engineer, General Manager, RMS*

Christina Kopsini, *Journalist, Secretary General of POESY*

Ilias Banoutsos, *Founder & CEO, ERGONOMIA S.A.*

Moderator: **Giannis Pachoulakis**, *Journalist*

11.30 – 12.00 | **COFFEE BREAK & E-POSTER VISIT**

Tuesday, 24 November 2026

PARALLEL SESSIONS

12:00 – 13:30 **BANQUET HALL**

S10 **Using New Technologies for OSH**
Moderator: **Panagiotis Markidis,** *Journalist, AAEE*

Keynote speech:
"Procedural workarounds: the two faces of Janus" Between formal compliance and actual practice in occupational safety
Dimitris Nathanael
Professor of Ergonomics, Section of Industrial Management and Operational Research, School of Mechanical Engineering, National Technical University of Athens

OP47 **Applying Neuroscience to Overcome the Safety Plateau**
N. Dimitriadis, *ERNST & YOUNG Business Advisory Solutions*

OP48 **Digital Product Passports: Strengthening the ESPR Implementation via DigiPass CSA - The Nanomaterial Safety Case**
S.Saliakas, *Innovation In Research And Engineering Solutions*

OP49 **Digital Transformation of Occupational Health and Safety Management: Using an Integrated HSE & ESG Platform to Improve Workplace Safety**
O.Abdulwaheed, *NITTYHSEPRO*

OP50 **Pre-Startup Safety Review: Safety before start-up in the digital age**
A. Lialios, *HELLENiQ PETROLEUM S.A.*

OP51 **Using Blockchain technology to support Occupational Health & Safety management**
G. Efthymiou, *H&S Consultancy*

13:30 - 14.30 **LIGHT LUNCH**

Tuesday, 24 November 2026

PARALLEL SESSIONS

12:00 – 13:30 | **ROOM MC2**

S11 **OSH and Environmental Factors**
Moderator: **Michalis Stathakopoulos,** *Journalist, Tpress*

Keynote speech:
From epidemiological evidence to effective prevention - Integrated strategies for promoting health and safety at work
Areti Lagiou, MSc, PhD
Professor of Epidemiology and Prevention of Public Health Diseases, School of Public Health, University of West Attica

OP52 **Recent Developments in the Institutional Recognition of Protection against the Impacts of Climate Change as a Human Right**
G. Vlassopoulos, *Lawyer – Doctor of Law*

OP53 **Indoor Air Quality Management through Digital Twins: Results of the pilot study at Thriasio General Hospital within the "Horizon Europe - TwinAir" project**
D. Fytili, *Thriasio General Hospital of Elefsina*

OP54 **The role of holistic lighting in the modern work environment: New standards, human-centred design and challenges in practice**
L. Doulos, *Hellenic Open University*

OP55 **The use of Personal Protective Equipment in 2019 and 2025**
Chr. Dratzidi, K. Kalkani, *SIR SAFETY SYSTEM*

OP56 **Exposure Limit Values under the New Working Conditions: The 13-Hour Workday**
Ar. Basiakos, *ERGONOMIA S.A.*

13:30 - 14.30 | **LIGHT LUNCH**

Tuesday, 24 November 2026

PARALLEL SESSIONS

12:00 – 13:30 **ROOM MC3**

S12

Psychosocial Risks at Work
Moderator: **Giannis Ioannidis,** *1st Vice-President, EEDA*

Keynote speech:
Working conditions in Greece and the case of the Greek tourism sector
Alexandra-Paraskevi Chytiri, *PhD, MSc, MA, BSc, FHEA, Associate Professor of Human Resource Management and Tourism, Department of Tourism Studies, University of Piraeus*

OP57

"Work Friction" as an emerging psychosocial phenomenon: literature review and development of a conceptual framework
E. Zigkiri, *School of Medicine - University of Thessaly, Larissa*

OP58

Psychosocial risks in Tunisian female workers: prevalence and organizational determinants
L.Bouzgarrou. *Faculty of Medicine, University of Monastir*

OP59

From Safety to Well-being: Putting People at the Centre
Th. Christopoulou, *TELEKOM*

OP60

Mental Health, Burnout and Well-being Policies in a Work Culture of Constant Digital Availability: An Interdisciplinary Approach
I. Profyri, *IME GSEVEE*

OP61

Psychosocial risks in the workplace: Research data
Th. Koukoulaki, *ELINYAE*

12:00 – 13:30 **ROOM MC3.4**

WORKSHOP
Techniques of ergonomic measurements and physiological indicators for preventing strain at work and improving quality of life
Dr Panagiotis V. Tsaklis
Professor of Biomechanics - Ergonomics & Traumatology, *DPESS-TEFAA, University of Thessaly, Dept MMK, Karolinska Institute, SE, Secretary TC Safety & Health, International Ergonomics Association (IEA)*
Example / demonstration:
How a holistic assessment of a worker is organised, combining measurements of:

- Musculoskeletal strain (muscle loads/work, vibration) [IMUs/EMG]
- Anthropometry [BMI/FAT%/Weight/Height]
- Physical fitness indicators [HRV/HRR/Aerobic zones estimation/Grip Strength]
- Working posture assessment [Photo/Video analysis]
- Fatigue (central - peripheral) & Burnout screening [f-NIRS / EMG]
- Cognitive ability [psychological/cognitive tests]
- Selection of specialised questionnaires

13:30 – 14:30 **LIGHT LUNCH**

Tuesday, 24 November 2026

14:30 – 16:00 | **BANQUET HALL**

Health and safety in practice - From Commitment to Everyday Practice

Methods and criteria for evaluating OSH interventions

Dr Antonis Targoutzidis, *Mechanical Engineer, Planning Manager, ELINYAE*

PANEL DISCUSSION

Athanasios Kottaras, *CEO, STASY (Urban Rail Transport S.A.)*

Vasiliki Kochila, *General Manager Health, Safety & Environment, PPC Group*

Roi Konstantarou, *QSHE & Sustainability Director, AVAX Group*

Apostolos Papadiotis, *Electrical Engineer, AUTh, Director of Corporate QHSE & ESG Systems, ELEMKA, a METKA subsidiary*

Nikolaos Stamatis, *Health and Safety Director Greece,* ***TITAN*** *Cement Company S.A.*

Moderator**: Dimitris Vergados**, *Chemical Engineer NTUA, Board Member, ELINYAE*

STUDENT COMPETITION - AWARDS

Presented by: **Rena Bardani - Ioannis Zevgolis**

EVALUATION COMMITTEE

Athanasios Kefalas, *Committee Chairman, Chairman of IMERYS Greece S.A.*

T.C. Constantinidis, *Committee Member, Dean, Democritus University of Thrace*

Dr Ioannis Zevgolis, Committee Member, Associate Professor, *National Technical University of Athens*

Konstantina Kottaridi, *Committee Member, Professor, University of Piraeus*

Dr Angeliki Moirou, *Committee Member, Head of the OSH Directorate, Ministry of Labour and Social Security*

Dr Antonis Targoutzidis, *Committee Member, Planning Manager, ELINYAE*

Coordination: **Alexandros - Spyridon Galanis, Dafni Nalbant Sarikaki**, *ELINYAE*

Tuesday, 24 November 2026

PARALLEL SESSIONS

16:00 – 17.30 **BANQUET HALL**

S13

Contemporary Occupational Health Issues

Moderator: **Giannis Devetzoglou,** *Journalist, News247*

Keynote speech:

Healthy Ageing at Work: Maintaining Health and Work Ability at Every Age
Evangelia Nena, *Occupational Medicine Specialist, Professor and Director of the Laboratory of Social Medicine, Department of Medicine, DUTh*

OP62

Follicular Fluid as a Biofluid for Oxidative Stress Assessment in Endometriosis: A Scoping Review
M. Savioli, *INAIL*

OP63

Cardiovascular strain and thermoregulatory responses in individuals with chronic iron-deficiency anaemia during submaximal exercise in the heat
P. Miliotis, *School of Physical Education and Sport Science, NKUA*

OP64

Pillars of Effective Respiratory Protection
X. Sachs, *JSP SAFETY in collaboration with STOP S.A.*

OP65

From Occupational Risk Assessment to Workers' Health Surveillance – A Guide to Designing and Implementing a Regulatory Compliance and Prevention Programme
E. Korologou, *Occupational Medicine Specialist*

Tuesday, 24 November 2026

PARALLEL SESSIONS

16:00 – 17.30 | **ROOM MC2**

S14 **Occupational Health and Safety in Construction and Mining**
Moderator: **Konstantina Zorba,** *Mining and Metallurgical Engineer, ELINYAE*

Keynote speech:
Safety and health in the construction of underground works: hazards and modern prevention
Pavlos Nomikos, *Professor, School of Mining and Metallurgical Engineering, Director of the Interdepartmental MSc "Design and Construction of Underground Works", National Technical University of Athens*

OP66 **Occupational Safety Analysis of Mineral Exploration Drilling in Greece: Current Situation and Prospects for Improvement**
K. Chrysanthakopoulou, *University of Patras*

OP67 **Development of a Safety Culture Maturity Model and Framework for Ghana's Small-Scale Mining Sector**
E. Stemn, *University Of Mines And Technology*

OP68 **Accident Prevention in Constantly Changing Environments: Vehicle and Pedestrian Traffic Management in Construction and Mining Projects**
I. Bardani, *EHSQ Development*

OP69 **Work in Confined Spaces - From the organisation of work to the rescue plan | Strengthening prevention and operational readiness**
Th. Kapetanakis, *Rescuespecialist.gr*

OP70 **Workers' perspective on occupational risk assessment in marble quarries**
D. Nalbant Sarikaki, *ELINYAE*

Tuesday, 24 November 2026

PARALLEL SESSIONS

16:00 – 17.30 **ROOM MC3**

S15

Governance, Inclusion and Performance Indicators in OSH

Moderator: **Athina Galani,** *Partnerships, Communication & Growth Manager, UN Global Compact Network Greece*

Keynote speech:

Neurodiversity and the Workplace: Ways of Acceptance and Inclusion

Nancy Papalexandri, *Professor Emerita of Human Resource Management, Athens University of Economics and Business*

OP71

Occupational accidents, Gross Domestic Product and Sanctions of the Occupational Safety and Health Inspectorate: A preliminary statistical investigation for the period 2000–2024

P. Katsakiori, *Labour Inspectorate Independent Authority*

OP72

Strategies for the labour market integration of persons with disabilities. Shaping a modern culture of safety and inclusion in the workplace

S. Tsampounari, *Panteion University of Social and Political Sciences / Hellenic Sociological Society*

OP73

Safety at Work is not an option - It is a right

V. Koskoris, *RMS EPPS*

OP74

Algorithmic management on digital platforms - Existing legal framework and forthcoming changes in light of Directive (EU) 2024/2831

N. Sigkridis, *POTAMITISVEKRIS*

OP75

Leading indicators in Occupational Health and Safety: Conceptual approaches and challenges

A. Sp. Galanis, *ELINYAE*

Tuesday, 24 November 2026

PARALLEL SESSIONS

17:30 – 19.00 **BANQUET HALL**

S16 **New Approaches to OSH Management**
Moderator: **Sofia Konstantopoulou,** *Environmental Engineer, ELINYAE*

Keynote speech:
From Frequency to Severity: A Multidimensional assessment of OSH Performance in Greece and the EU-27
Michail Chalaris, MA, PhD, *Associate Professor - Lieutenant General, Fire Service (ret.), Director of the MSc "Chemical Industry: Quality, Environment, Health and Safety Management", Director of Research on Risk, Hazards, Crises and Safety, Institutional Laboratory "Ifaistos", Department of Chemistry, School of Sciences, Democritus University of Thrace*

OP76 **Mechanical design for optimal safety: the role of international and European standards in industrial practice**
G. Kaisarlis, *School of Mechanical Engineering, National Technical University of Athens*

OP77 **From Safety I to Safety II: Resilience Engineering in Modern Greek Industry**
St. Mixafenti, *SAMARAS QHSE SOLUTIONS S.A.*

OP78 **Cost Management in Occupational Health & Safety: A Data-Driven Decision-Making Framework**
G. Skroumpelos, *RMS EPPS*

OP79 **HSE by design**
M. Spyridakis, *GEP*

OP80 **Training disclosures in corporate ESG reporting**
N. Manousi, *ELINYAE*

Tuesday, 24 November 2026

PARALLEL SESSIONS

17:30 – 19.00 **ROOM MC2**

S17 **Process Safety and Risk Management in Energy and Industrial Facilities**
Moderator: **Theoni Koukoulaki,** *Surveying Engineer, Ergonomist, ELINYAE*

Keynote speech:
Quantitative Risk Assessment of Liquefied Hydrogen in Transport Operations
Dr Olga Aneziri, *Research Director (Researcher Grade A), System Reliability and Industrial Safety Laboratory (SRISL), National Centre for Scientific Research "Demokritos"*

OP81 **LPG in Industry. Threats and Opportunities**
G. Kavathas, *HELLENiQ PETROLEUM*

OP82 **Lessons Learned from LNG, CNG, LPG and Industrial Gas Facilities. From Study and Design to Safe Operation - Lessons from Studies, Inspections and Risk Assessments**
V. Moschos, *SAMARAS EPPS*

OP83 **Fires, hazards and fire protection measures in waste treatment plants**
A. Skordilis, *CIRCULAR INNOVATIVE SOLUTIONS*

OP84 **Green hydrogen in industry: Critical hazards and OSH practices for safe implementation**
Chr. Panagiotopoulou, *GEP/EUROCORE*

OP85 **From Compliance to Prevention: Strengthening Operational Resilience through Proactive Technical Safety Assessments**
V. Kalliris, *ERNST & YOUNG Business Advisory Solutions*

OP86 **From compliance to prevention: Findings and proposals for strengthening the safety of installations using fuel gases**
G. Marketakis, *ERGONOMIA S.A.*

Tuesday, 24 November 2026

PARALLEL SESSIONS

17:30 – 19.00 **ROOM MC3**

WORKSHOP
Incivility, harassment or violence? Learning to tell the boundaries apart

Moderator: **Konstantina Kapsali**, *Sociologist, Librarian, ELINYAE*

Rania Semertzian, Accredited Mediator, Head of Learning & Development, Soft Skills Center

19.00 **CONFERENCE CLOSING**

E-POSTERS

MONDAY 23 NOVEMBER 2026

12.00-13.30 **ROOM MC3.4**

OCCUPATIONAL HEALTH TOPICS

e-PO1

PSYCHOLOGICAL, COGNITIVE AND SOCIAL OUTCOMES IN WORKING-AGE HODGKIN LYMPHOMA SURVIVORS: AN EXPLORATORY TUNISIAN STUDY
Lamia Bouzgarrou, *Faculty of Medicine, University of Monastir*

e-PO2

AUTOIMMUNE DISEASES AND THE WORK ENVIRONMENT
A. Xydea-Kikemeni *, A. Filippidou-Giannopoulou **, L. Giannopoulou ***
* Assoc. Professor of Occupational Health, UniWA, ** Occupational physician, *** School of Medicine, Rome, *University of West Attica*

e-PO3

RETAINING EXPERIENCED NURSING STAFF: HEALTHY AGEING AS AN INTERVENTION STRATEGY FOR SUSTAINABLE HEALTH SYSTEMS
Maria Katsaouni[1], Laura Elena Gligor[2], Katica Tripkovic[3,4], Kalina Sotiroska Ivanoska[5], Horatiu Rusu[6], Alma Pobric[7], Sibel Kiran[8,9], Donald M. Truxillo[10], Evangelia Nena[1]

1. *School of Health Sciences, Democritus University of Thrace, Alexandroupolis, Greece*
2. *Nursing Department, Faculty of Law and Social Science, "1 Decembrie 1918" University of Alba Iulia, 510009 Alba Iulia, Romania*
3. *Institute for Public Health Belgrade, 11000 Belgrade, Serbia*
4. *Laboratory for Strengthening Capacity and Performance of Health System and Workforce for Health Equity, Faculty of Medicine, University of Belgrade, 11000 Belgrade, Serbia*
5. *Faculty of Philosophy, Ss. Cyril and Methodius University in Skopje (UKIM), 1000 Skopje, North Macedonia*
6. *Centre for Social Research, Faculty of Social Sciences and Humanities, Lucian Blaga University of Sibiu, 550024 Sibiu, Romania*
7. *Faculty of Science, University of Sarajevo, 71 000 Sarajevo, Bosnia-Herzegovina*
8. *Department of Public Health, School of Medicine, Koc University, Istanbul 34350, Turkey*
9. *Global Health, Koc University Graduate School of Health Sciences, Istanbul 34350, Turkey*
10. *Kemmy Business School, University of Limerick, V94 T9PX Limerick, Ireland*

e-PO4

ASSOCIATION OF WORK CHARACTERISTICS, REST TIME AND SLEEP WITH EMPATHY IN THE PROFESSIONAL LIFE OF DIETITIANS IN GREECE
Sofia Louka, *National and Kapodistrian University of Athens*

e-PO5

ASSOCIATION OF 25-HYDROXYVITAMIN D LEVELS WITH WELL-BEING AND PRESENTEEISM. A SINGLE-CENTRE CROSS-SECTIONAL STUDY AMONG STRETCHER-BEARERS OF A TERTIARY UNIVERSITY HOSPITAL IN GREECE.
Elena Vasileiou, *Democritus University of Thrace*

e-PO6

THE ROLE OF OCCUPATIONAL MEDICINE IN LIGHT OF THE FINDINGS OF THE 2026 PANHELLENIC OSH SURVEY
Eleftheria Gianni, *GEP*

ERGONOMICS AND MUSCULOSKELETAL DISORDERS

e-PO7

ERGONOMICS & PREGNANT WORKERS
Aristeidis Basiakos, *ERGONOMIA S.A.*

e-PO8

BRIEF ERGONOMIC MOVEMENT INTERVENTION FOR OFFICE EMPLOYEES DURING WORKING HOURS: A FEASIBILITY STUDY
Nikolaos Regklis, *Democritus University of Thrace*

E-POSTERS

e-P09 **WORK-RELATED MUSCULOSKELETAL SYMPTOMS AND BIOMECHANICAL EXPOSURES IN PHYSIOTHERAPISTS: A CROSS-SECTIONAL STUDY FROM CENTRAL TUNISIA**
Lamia Bouzgarrou, Faculty of Medicine, University of Monastir

e-P10 **LOWER LIMB MUSCULOSKELETAL DISORDERS AND SAFETY FOOTWEAR: A CROSS- SECTIONAL STUDY AMONG ELECTRICITY AND GAS DISTRIBUTION TECHNICIANS**
Lamia Bouzgarrou, Faculty of Medicine, University of Monastir

e-P11 **ENHANCING ADHERENCE TO THERAPEUTIC EXERCISE IN WORKERS WITH CHRONIC SPINAL PAIN: FROM THE MECHANISMS OF THERAPEUTIC CHANGE TO THE DESIGN OF MORE EFFECTIVE INTERVENTIONS**
Kalliopi Vlastou[1,2], Anastasia Beneka[1], Evangelos Bebetsos[1], Maria Basta[3], Charidimos Tzagkarakis[3,4], Evangelos Karadimas[3,6], Izoldi Bouloukaki[3], Dimitris Trivizadakis[5], Panagiotis Simos[3,4]

1. *Department of Physical Education and Sport Science, Democritus University of Thrace, Komotini*
2. *Centre for Psychological and Counselling Support, University of Crete, Heraklion*
3. *School of Medicine, University of Crete, Heraklion*
4. *University General Hospital of Heraklion*
5. *Directorate of Secondary Education of Heraklion*
6. *School of Social Sciences, University of Nicosia*

18.00-19.30 ROOM MC3.4

PSYCHOSOCIAL RISKS

e-P12 **SELF-CARE BEHAVIORS AND THEIR ASSOCIATION WITH DEPRESSIVE SYMPTOMS: FINDINGS FROM A LARGE CROSS-SECTIONAL STUDY AMONG 11,922 HEALTHCARE PROFESSIONALS IN BELGRADE, SERBIA**
Katica Tripkovic, *Institute For Public Health Belgrade*

e-P13 **PSYCHOSOCIAL RISK ASSESSMENT AT WORK: A REVIEW OF INSTRUMENTS AND MEASURES**
Cesar Augusto Barth, *Federal University of Pará (UFPA), Belém, Brazil*

e-P14 **THE PRESENCE OF A NUTRITIONIST IN THE WORKPLACE AS A TOOL FOR PROMOTING WORKERS' WELL-BEING AND MENTAL HEALTH: EXPERIENCE FROM IMPLEMENTATION IN GREEK COMPANIES**
Ergo Well-Being team of Ergonomia, *ERGONOMIA S.A.*

e-P15 **THE MIRROR OF A PROPHECY: THE BODY AS AN INDICATOR OF MORAL INJURY AND OF THE SOMATISATION OF PSYCHOLOGICAL PAIN IN GREEK HOSPITAL PAEDIATRICIANS**
Konstantina Mitromara, *Democritus University of Thrace, Penteli Children's Hospital*

e-P16 **VR (VIRTUAL REALITY) PROGRAMMES FOR MENTAL HEALTH IN WORK ENVIRONMENTS**
Stella Nika, *Psychiatrist*

E-POSTERS

OCCUPATIONAL HEALTH AND SAFETY IN CONSTRUCTION AND MINING

e-P17 **MULTI-HAZARD OCCUPATIONAL RISK ASSESSMENT IN POST-MINING AREAS**
Dafni Nalbant Sarikaki, *National Technical University of Athens, ELINYAE*

e-P18 **FROM THE UNIVERSITY LECTURE HALL TO THE CONSTRUCTION SITE: BRIDGING THE GAP BETWEEN EDUCATION AND OCCUPATIONAL SAFETY**
Dimitris Tapeinopoulos, *SAMARAS QHSE SOLUTIONS S.A.*

e-P19 **THE SAFE COEXISTENCE OF PRODUCTION AND CONSTRUCTION IN HIGH-HAZARD INDUSTRIES: A CASE STUDY FROM THE AGET HERACLES VOLOS PLANT**
Alexandros Limper, *SAMARAS QHSE SOLUTIONS S.A.*

e-P20 **SAFETY AND CLIMATE RESILIENCE OF CONSTRUCTION SITES**
Christina Giannouli, *Samaras QHSE Solutions S.A.*

e-P21 **RISK ANALYSIS OF INTERACTING HAZARDS IN TAILINGS STORAGE FACILITIES**
Orestis Kontopidis, *National Technical University of Athens*

e-P22 **IRISH CROSSINGS**
Panagiotis Chatzidimitrakis, *ISOCOM*

TUESDAY 24 NOVEMBER 2026

16.00-17.30 **ROOM MC3.4**

OCCUPATIONAL HEALTH TOPICS

e-P23 **SQAS (SAFETY & QUALITY ASSESSMENT FOR SUSTAINABILITY) AS A DEVELOPMENT TOOL FOR GREEK DANGEROUS GOODS TRANSPORT COMPANIES. THE NEW CHALLENGES AND REQUIREMENTS RESHAPING THE TRANSPORT OF DANGEROUS GOODS.**
Alexandros Panagiotidis, *SAMARAS EPPS*

e-P24 **ISO 45001 AS AN ESG PERFORMANCE TOOL: A PRACTICAL ASSESSMENT OF THE CONTRIBUTION OF THE OH&S MANAGEMENT SYSTEM TO SHAPING RELIABLE, AUDITABLE ESRS (S1) INDICATORS**
Alexios Boulias, *SAMARAS QHSE SOLUTIONS S.A.*

e-P25 **SAFETY WITHOUT "EXCUSES": THE APPLICATION OF LOTOTO AS A ZERO-TOLERANCE INDICATOR IN FATAL ACCIDENTS**
Ilia Bardani, *EHSQ Development*

e-P26 **LOCKOUT/TAGOUT (LOTO): THE NEED FOR SAFE ISOLATION OF HAZARDOUS ENERGIES**
Alina Mourelatou, *STOP S.A.*

e-P27 **SAFE WORK AT HEIGHT: FROM DESIGN TO COMPETENCE – GEP'S INTEGRATED APPROACH**
Ioannis Petromianos, *GEP*

e-P28 **FROM HAZARD IDENTIFICATION TO HAZARD VISUALISATION: TRANSITIONING FROM THE HAZID METHODOLOGY TO BOW TIE DIAGRAMS**
Eirini Psarrou, *ERGONOMIA S.A.*

E-POSTERS

e-P29 **ASSESSMENT OF EXPOSURE TO HAZARDOUS CHEMICAL AGENTS IN TEXTILE SCREEN PRINTING: CONTRIBUTION OF THE SEIRICH TOOL IN THE MANUFACTURING INDUSTRY**
Lamia Bouzgarrou, *Faculty of Medicine, University of Monastir*

e-P30 **DEVELOPMENT OF A STRUCTURED INSPECTION PROTOCOL FOR OXY-FUEL CUTTING EQUIPMENT TO ENHANCE THE SAFETY OF HOT CUTTING WORK IN HIGH-HAZARD FACILITIES**
Ioannis Marketakis, *ERGONOMIA S.A.*

e-P31 **USING A DIGITAL LEARNING PLATFORM FOR OCCUPATIONAL HEALTH AND SAFETY TRAINING**
Giorgos Skroumpelos, *RMS EPPS*

e-P32 **DEVELOPMENT OF A VIRTUAL REALITY SYSTEM FOR EMERGENCY TRAINING IN AN UNDERGROUND MINE**
Aimilia Tsaliki, Niki Papadopoulou, *Technical University of Crete*

17.30-19.00 **ROOM MC3.4**

GENERAL OSH MANAGEMENT TOPICS

e-P33 **APPROACHING THE COST OF SAFETY IN CONSTRUCTION IN TERMS OF SUSTAINABLE DEVELOPMENT: CASE ANALYSIS, ENGLAND AND GREECE**
Angelos Alexiou, *MANAGEMENT FORCE*

e-P34 **SAFETY AS IDENTITY**
Natalia Lopatinski, *AMAISON*

e-P35 **LEADERSHIP AND SAFETY CULTURE: THE POWER OF EXAMPLE IN SHAPING SAFE BEHAVIOURS**
Mema Kalafati, *RMS EPPS*

e-P36 **SAFETY CULTURE 2.0: FROM COMPLIANCE TO ACTIVE WORKER ENGAGEMENT**
Stefanos Mantelis, *ERGONOMIA S.A.*

e-P37 **ESG RISKS: SOCIAL – STATISTICAL ANALYSIS OF SELECTED SOCIAL INDICATORS IN THE ENERGY SECTOR**
Vasileios Kalkanis, *Democritus University of Thrace*

e-P38 **THE NEW GENERATION OF OCCUPATIONAL HEALTH AND SAFETY PROFESSIONALS: THE CONTRIBUTION OF WOMEN ENGINEERS TO A CULTURE OF PREVENTION**
Maria Kollouri, *SAMARAS QHSE SOLUTIONS S.A.*

e-P39 **WOMEN WORKERS & PERSONAL PROTECTIVE EQUIPMENT: HUMAN-CENTRED DESIGN IN THE PREVENTION OF OCCUPATIONAL RISK**
Chrysa Bachoumi, *ERGONOMIA S.A.*

e-P40 **DEFINING AND MANAGING "SERIOUS INJURY AND FATALITY" (SIF) OCCUPATIONAL ACCIDENTS IN GREECE: A PRACTICAL APPROACH BASED ON THE GREEK OCCUPATIONAL HEALTH AND SAFETY LEGAL FRAMEWORK**
Christos Kastritseas, *Asso.subsea Single-Member S.A. & European University Cyprus*

e-P41 **BEYOND HUMAN ERROR: WHAT SERIOUS OCCUPATIONAL ACCIDENTS TEACH US ABOUT TOMORROW'S PREVENTION**
Stefanos Mantelis, *ERGONOMIA S.A.*

E-POSTERS

SPECIAL OSH TOPICS

e-P42 **OCCUPATIONAL RISKS IN THE HEALTHCARE SECTOR: EXPOSURE TO CHEMICAL AND BIOLOGICAL AGENTS AND PREVENTION STRATEGIES**
Vagianni Solakidou, *Democritus University of Thrace*

e-P43 **SIMPLIFYING SAFETY INSPECTION PROCEDURES THROUGH CHECKLISTS IN REFINERIES**
Panagiotis Kalaitzoglou, *Democritus University of Thrace*

e-P44 **THE NEXT GENERATION OF OCCUPATIONAL RISK ASSESSMENT: HOW ARTIFICIAL INTELLIGENCE IS TURNING PREVENTION FROM REACTIVE TO PREDICTIVE**
Stefanos Mantelis, *ERGONOMIA S.A.*

e-P45 **BIO-BASED CONSTRUCTION MATERIALS: NEW SUSTAINABILITY OPPORTUNITIES AND EMERGING OCCUPATIONAL RISKS**
Sofia Makri, *GEP*

e-P46 **LIGHTNING PHENOMENA, STATIC ELECTRICITY AND THE DOMINO EFFECT IN ATEX INSTALLATIONS: RISK MANAGEMENT AND WORKER PROTECTION**
Charalampos Baritakis, *SAMARAS QHSE SOLUTIONS S.A.*

e-P47 **EN 397:2025 — THE NEW STANDARD FOR INDUSTRIAL SAFETY HELMETS**
Alina Mourelatou, *STOP S.A.*

e-P48 **WHEN NOISE BECOMES AN OCCUPATIONAL HAZARD: 15 YEARS OF WORKPLACE MEASUREMENTS**
Konstantinos Papantonopoulos, Areti Nikolaou, *ELINYAE*