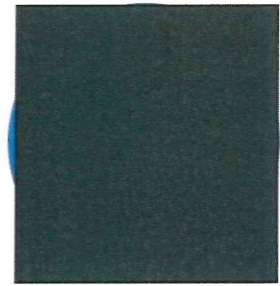


SABRINA SIDARI



I actively collaborate in the implementation and enhancement of health promotion programs based on the principles of social responsibility across various areas (e.g. Smoking - Nutrition - Physical Activity - Alcohol - Blood Pressure - Body Overweight - Substance Abuse - Work-Related Stress).

During health consultations, I provide counseling activities to support individuals who need to acquire tools to resolve difficult situations and strengthen their physical and/or psychological potential, guiding them toward the discovery of personal resources and abilities useful for a self-determined and responsible positive change.

In some corporate settings, I have developed a support service for work-related psychophysical distress (a dedicated clinic) as an intervention implemented through the work-related stress risk assessment process, with the aim of promoting Organizational Well-being — an activity I carry out with great enthusiasm and excellent results.

I am a friendly and straightforward person. I have strong communication skills, particularly in managing interpersonal relationships, and a good aptitude for listening. Excellent teamwork attitude.

WORK EXPERIENCE

Occupational Physician

Self-employed

From 2002 to present

Self-employed professional working with numerous businesses in the areas of Verona and province, Mantova, Brescia, Padova, Vicenza, Rovigo, Treviso, Udine, and Pordenone.

Over these years, in the course of my professional practice, I have taken part in several important projects across various sectors:

- Women, Health and Work
- Prevention and health promotion in the workplace
- Risk assessment for repetitive movements and strain on the upper limbs
- Prevention of musculoskeletal disorders and spinal pathologies caused by manual handling of loads
- Development of guidelines for risk assessment and health surveillance in the construction industry
- Work-related stress risk assessment and promotion of organizational well-being

In the companies where I serve as Competent Physician, I actively participate in the assessment of health and safety risk factors in the workplace and in the organization of first aid services.

Since 2018, I have been collaborating with CEVI, an organization providing services in the fields of environment, safety, and quality within the Confindustria Verona network.

Occupational Health Specialist

Prevention, Hygiene and Workplace Safety Service (SPISAL)
– ULSS 9, Bussolengo (VR)

From 2004 to 2005

Employed Competent Physician

"ECO 2000" Company, Volta Mantovana (MN) – Corporate Safety Consultancy

From 2006 to 2007

Competent Physician for numerous companies in Mantova and province

Teaching Activities

From 1998 to 2002

Corporate training courses on the potential health effects of exposure to electromagnetic fields.

2002–2003

Training courses on medical and health topics for social care workers.

From 2000 to present

I carry out teaching activities at various companies as an external consultant for occupational safety firms, as well as for companies where I serve directly as Competent Physician. Courses include: Workers' Safety Representatives (RLS), Employer Safety Officers (RSPP), VDU operators, manual handling of loads, alcohol and drugs, work-related stress, and First Aid.

I actively participate in worker training on specific risks related to their job activities, in compliance with the State-Regions Agreement (last updated April 17, 2025).

I organize courses aimed at raising awareness among the working population about the benefits of adopting a healthy lifestyle through proper nutrition and physical activity (practical tools to improve dietary and physical habits), helping them become aware of their health status through self-measurement of basic health parameters.

I provide practical tools for working better and healthier (e.g. sleep hygiene); I organize workplace physical activity projects (specific pain-relief exercises tailored to job tasks, postural ergonomics exercises); all in collaboration with relevant professionals in the field, such as Personal Trainers, nutritionists, and psychotherapists.

EDUCATION

Specialization in Occupational Medicine

University of Verona

2002 (50/50 e lode)

Thesis: "Biomechanical overload risk assessment of the spine in municipal solid waste collection workers."

- *As part of the Specialization in Occupational Medicine, in addition to carrying out health surveillance activities (preventive and periodic medical examinations, respiratory function tests, audiometric tests, visual function assessments) and industrial hygiene, I conducted a case/control statistical-epidemiological study on the protection of pregnant workers, aimed at quantifying adverse pregnancy outcomes potentially related to occupational exposure in the province of Verona, identifying the main production sectors involved.*
- *Among the companies personally followed during the specialization program, I carried out health surveillance for employees of the "Fondazione Arena" and the "Guardia Forestale" (Forestry Corps) in Verona.*
- *In 2000, for training purposes, I attended the Prevention, Hygiene and Workplace Safety Service (SPISAL) of UILSS 9, with which I still collaborate for corporate training activities.*

Degree in Medicine and Surgery

University of Verona

1998 (100/110)

Thesis: "Protection of pregnancy in the workplace; a reproductive health education project."

Language High School Diploma

Liceo Linguistico "L. Mondin"

REGISTERS AND QUALIFICATIONS

Qualification to practice as a physician and surgeon, first session, 1999, University of Verona.

Registered with the Professional Register of Physicians, Surgeons and Dentists at the Provincial/Regional Medical Council of Verona from 15/06/1999 (n. 6807).

REFERENCES

Currently serving as Competent Physician for various companies operating in the following sectors: steel, logistics, manufacturing, construction, food, pharmaceutical, IT, research, industrial automation, hydraulics, electrical, wine production, telecommunications, marketing, etc.

TECHNICAL SKILLS AND COMPETENCIES

Good command of Microsoft Office tools. In possession of equipment and instruments for performing respiratory, audiological, and visual function tests. For the management and updating of each worker's health and risk records, I use **Cartsan software**, which allows documentation to be stored in electronic format.

TRAINING OBLIGATIONS

Regarding training obligations, I obtained excellence accreditation in Occupational Medicine by participating in the **National Program for Continuing Education and Excellence Accreditation (SIMLII)** and the Maugeri Foundation (training cycle 2003–2005).

I have also completed the one hundred and fifty credits required by the **Continuing Medical Education program** for the three-year periods 2011–2013, 2014–2016, 2017–2019, 2020–2022, and 2023–2025, fulfilling the obligation set out in Article 38, paragraph 3 of Legislative Decree 81/08 and subsequent amendments.

PRIVACY

I authorize the processing of personal data in accordance with Legislative Decree 196/2003, as amended by Legislative Decree 101/2018, and Article 13 of the GDPR (EU Regulation 2016/679).