

Measures for health promotion among employees

Does your organisation conduct **activities** aimed at (for each of the following risk factors tick whether they can be found in your organisation or not):

Activities	YES	NO
Raising awareness about healthy eating?		
Raising awareness of the prevention of addiction, e.g. to smoking, alcohol or other drugs?		
Promotion of sports activities outside of working hours?		
Promotion of spine strengthening exercises or stretching at work?		
Promotion of other physical exercises at work?		

Source: based on examples from www.hse.gov.uk

Checklist #2 Measures for health promotion among employees

Depending on the type of work, there are **different types of risks and hazards**. For each of the following risk factors tick whether they can be found in your organisation or not.

Risk factors	YES	NO
Tiring or painful posture, including sitting for long periods		
Lifting or moving people or heavy loads		
Loud noise		
Repetitive hand or arm movements		
Heat, cold or draught		
Risk of accidents related to the use of machines or hand tools		
Risk of accidents related to vehicles used at work but not on the way to and from work		
Chemical or biological substances in the form of liquids, fumes or dust		
Increased risk of slips, trips and falls		

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Source: based on examples from www.hse.gov.uk

Checklist #3 Measures for health promotion among employees

Depending on the type of work, there are **different types of risks and hazards**. For each of the health risks resulting from the **way work is organised, from social relations at work or from the economic situation** tick whether they can be found in your organisation or not.

Risk factors	YES	NO
Time pressure		
Poor communication or cooperation within the organisation		
Employees' lack of influence over their work pace or work processes		
Job insecurity		
Having to deal with difficult customers, patients, pupils, etc.		
Long or irregular working hours		
Discrimination due to gender		
Discrimination due to age		
Discrimination due to ethnic origins		

Source: based on examples from www.hse.gov.uk