



Technology offer:

ADJUSTMENTS OF WORKPLACE AND WORK PROCESS WITH THE GOAL OF INCREASING COMPANY EFFECTIVENESS AND WORKERS' HEALTH

Faculty of Health Sciences has been working in the field of employee health care for many years. Our breadth of expertise and research, as well as use of latest evaluation systems form the basis for multidisciplinary action, whereby we tailor the interventions supported by literature and practice to the individual companies. The aim is to create and maintain an employee-friendly, healthy and productive environment. Based on workplace musculoskeletal, psychosocial and the individual risk factor analysis, we design educational, exercise, nutritional, ergonomic and organizational measures to improve the subjective (employee satisfaction) and objective (absenteeism reduction, productivity increase) indicators of the company efficiency.

Background

Employees spend a large part of their lives at work. Repeated physical and mental stress can have negative health and productivity consequences. Identifying individual harmful exposures in first step and direct reduction of harmful exposures or adding counterbalancing activities in second step, are effective methods in risk management. Musculoskeletal disorders are among the main causes of absenteeism, still being poorly addressed. Workplace adaptation, work process reorganization and empowerment through individualized exercise programmes are all effective tools in preventing negative consequences of physical and psychological workplace exposures. On the other hand, it is possible to identify individual risk factors that do not origin from workplace (nutritional status, amount and type of leisure physical activity), and target them with educational manners. Absenteeism reduction, productivity increasement and employee satisfaction represent the basis of an efficient company.

Technology & Equipment

Faculty of Health Sciences offers objective and subjective, scientifically based measurement systems for comprehensive assessment of employees. Our measures are based on:

- Absenteeism analysis;
- Questionnaire and clinical methods for identifying musculoskeletal disorders and psychosocial loads;
- Bioelectrical impedance analysis;
- Dynamometers for objective assessment of muscular strength;
- High-tech systems for assessment of physiological parameters;
- Cameras and ergonomic forms to evaluate body posture;
- ActivPAL and ActiGraph accelerometers to objectively assess sedentary behaviour and physical activity.

Advantages

- Use of high-tech systems in employee and workplace analysis;
- Use of effective and up to date findings in the design of individually tailored measures;
- Increasing productivity and efficiency of the company;
- Multidisciplinary team of experts.

Field of use:
Work organizations

Current state of technology:
Developed, in use

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