

TOP 10 recommendations on how to promote health and well-being at workplaces

A co-operative project between Finland, Lithuania and Latvia called “**Health education at workplace survey: reality and needs**” has recently ended with the publication of its **TOP 10 recommendations “How to promote employees’ health and well-being at work?”**.

The project’s TOP 10 recommendations focus on the needs of both employees and the employer at the workplace, and on co-operation between the different parties.

At its best, the promotion of health and well-being at work is an integral part of leadership and one of the everyday activities at the workplace. It is based on the needs of the workplace and everyone’s participation. It is also important that management is committed to and motivated by WHP. The newly published TOP 10 recommendations emphasize the integration of workplace health promotion into daily work life and are organized in the format of an easy-to-use checklist suitable for any size of company across various sectors. Through such a checklist, companies are made aware of the most important things to consider regarding workplace health promotion, even if they are not normally so active in these issues.

The project was supported by Nordplus Adult and led by the Positivus Health team (Lithuania) together with the Finnish Institute of Occupational Health (NCO Finland), the Institute of Hygiene (NCO Lithuania) and the Institute of Occupational safety and Environmental health (NCO Latvia). The recommendations are available in four languages (English, Finnish, Lithuanian, and Latvian). The English version is available through this link:

http://www.ttl.fi/en/health/workplace_health_promotion/Documents/Fact_sheet.pdf

More information on the project: www.ttl.fi/en/health/workplace_health_promotion

Publications / articles on the project:

- African Newsletter (2-2014)

http://www.ttl.fi/en/publications/electronic_journals/african_newsletter/Documents/AfricanNewsletter2-2014.pdf

- Barents Newsletter (3-2014)

http://www.ttl.fi/en/publications/electronic_journals/barents_newsletter/Documents/Barents_3_2014_netti.pdf

