

For a long time, Landesverlag Linz has been committed to a workplace health policy which goes well beyond traditional occupational health and safety. For example, the company has replaced the chemical cleaning agents for the printing rolls with natural substances. A pilot project on workplace health promotion has been conducted with the Upper Austrian Sickness Fund (OÖGK). A separate budget is available for health-related activities.

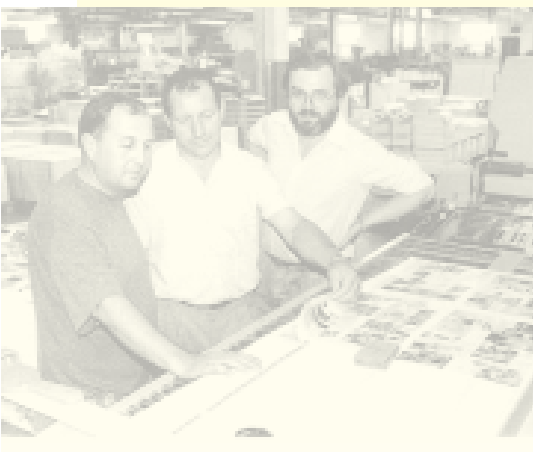
Active breaks

At Landesverlag Linz project planning for WHP is carried out by analysing data on absenteeism, evaluations of the accident reports, job descriptions, plant visits, and a staff survey . Moreover, measurements of pollution in the working environment have been taken and all hazardous substances used at the company have been analysed. This data is collated in a company health report. Health promotion at Landesverlag Linz is co-ordinated by a project steering team comprised of the safety technician, the works doctor, the chairman of the works council, the safety officer as well as the departmental and sector managers. So far three health circles have been set up in which the employees discuss stressful working conditions. The participants have identified mechanical strain on the locomotive system, back pain and pollution from solvents as the main risk factors. As the experience of health circles has been positive they will now be continued on a permanent basis. Furthermore, a programme involving short breaks for exercise and relaxation has been introduced in the company, headed by a sports scientist. Some employees have also received training as 'trainers' for such

exercise programmes so that they can perform these exercises with their colleagues at various workplaces during working hours.

Better working atmosphere and less dust

The health circles at Landesverlag Linz have drawn up numerous suggestions for improving working conditions from a health-related point of view. The physical strains and ambient risks at the workplace have been reduced through improvements in the room atmosphere. There is now less pollution from paper dust and solvents as well as a new reproduction table where the height and inclination are adjustable. The time lost due to illness at Landesverlag has been reduced as a result of these measures. Other health-related projects will be presented in future in an annual health report.



Branch:

Printing industry

No. of employees:

80

Products/Services:

Printed Matter

Locations:

Linz

Miscellaneous:

9,3% women,

50% shift work with night shifts;

24 % shift work without night shifts