


工作场所健康促进工具包简介（欧洲）

● 欧洲职业安全健康局（EU-OSHA）




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Workplace Health Promotion

Workplace health promotion (WHP) is the combined efforts of employers, employees and society to improve the health and wellbeing of people at work. This is achieved through a combination of: improving the work organisation and working environment; promoting the participation of workers in the whole process of WHP; enabling healthy choices, and encouraging personal development.

WHP means more than simply meeting the legal requirements on health and safety; it also means **employers actively helping their staff improve their own general health and wellbeing**. Within this process it's essential to involve employees and to take into account their needs and views on how to organise work and the workplace.

By making workers feel better and healthier, workplace health promotion leads to **many positive consequences** like reduced turnover and absenteeism, enhanced motivation and improved productivity, as well as improving the employer's image as a positive and caring organisation.

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Overview

WHP generally targets different topics and in practice is often closely related to risk assessment. Some workplace health promotion aspects are:

- **Participation of employees** in the process of improving work organisation

Preventing a negative impact of tobacco smoke in the workplace

Exposure to tobacco smoke is bad for both smokers' and non-smokers' health. It can cause serious problems such as cardiovascular and respiratory diseases, and have adverse reproductive effects. Furthermore it can cause death due to cancers (particularly lung cancer), coronary heart disease or stroke.

Yet **thousands of workers are still exposed to tobacco smoke at their workplace.** According to EU-OSHA estimates based on ILO data, over **9,000 workers died in EU-27 in 2008** because of lung cancer caused by ETS at work.

In addition to individual sufferings, exposure to tobacco smoke imposes significant costs on the economy, including direct costs stemming from increased healthcare expenditure and indirect costs linked to productivity losses.

It is in everyone's interest to stop tobacco smoke exposure!

- An **employer** can eliminate exposure to environmental tobacco smoke (ETS) by introducing a **smoke-free policy** and support smoking workers by establishing a smoking cessation programme.



- A **smoking worker** should be considerate and **not to expose a co-worker**, and take advantage of smoking cessation programmes to quit smoking.
- A **non-smoking worker** can **raise this issue with the employer** and a smoking colleague to have a smoke-free workplace

EU-OSHA good practice information about prevention of exposure to tobacco smoke at the workplace

参考链接:

- 1、 <https://osha.europa.eu/en/topics/whp>

Case Studies



Case studies are **real examples** which show the **steps that have been taken to solve health and safety (OSH) problems**. They may also be examples of campaigns or other activities that have taken place to promote OSH and help solve problems at workplaces. Here you will find a **database of such examples that EU-OSHA has collected and compiled from the EU Member States and worldwide**. They are published to illustrate that action can be taken, and that solutions do exist to many OSH challenges and that these solutions may be transferable to other

workplaces.

While the conceptual approach and techniques used may be employed, the solutions illustrated cannot be copied directly from one workplace to another. They have to be fitted into the context of the specific workplace.

Case studies can be searched in various ways, including by the topic covered, by sector or by country.

Search in the CASE STUDIES DATABASE

Advanced search

Filter your search by selecting one or more of the filters. You can always remove any filter again by selecting the empty entry or by clicking the Reset button.

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PARTNERSHIPS ON HEALTH PROMOTION AND WORK ENVIRONMENT IMPROVEMENT

Aug 16, 2012 - Last modified: Nov 16, 2012

The creation of a network of small and medium-sized enterprises (SMEs) was established, with the aim to enhance the capacity of smaller sized organisations to implement workplace health promotion ...

Full case study

[partnership-health-promotion-and-work-environment-improvement](#)

2、(案例分析):

https://osha.europa.eu/en/practical-solutions/case-studies?SearchableText=&is_search_expanded=True&getRemoteLanguage=&keywords%3Alist=&nace%3Adefault=&multilingual_thesaurus%3Adefault=&multilingual_thesaurus%3Alist=36481E&multilingual_thesaurus%3Alist=23064E&submit=Search

简介：

EU-OSHA 提供了针对雇主和员工不同对象的工作场所健康促进主题，包括健康促进活动范例、工作压力、工作膳食、吸烟、健康监测等方面的知识。同时，EU-OSHA 还提供了一个案例分析的数据库平台，其中的案例都是其在欧盟成员国及世界范围内收集的，旨在提供工作场所职业安全健康问题的解决方法、步骤等信息，对 WHP 实际工作能起到一个好的参考和借鉴作用。

● 英国健康安全局（HSE）职业健康工具包

Health and Safety Executive

More from the HSE

Health and safety made simple

The basics for your business

Home

- How can this site help you?
- Decide who will help with your duties
- Write a health and safety policy
- Manage the risks in your business
- Consult your employees
- Provide training and information
- Provide the right workplace facilities

If you think health and safety has to be complicated - it doesn't. This site will make it easier for you to comply with the law and manage health and safety in your business.

For many businesses, all that's required is a basic series of tasks. The site will take you through the steps and help you make sure you have done what you need to - and no more.

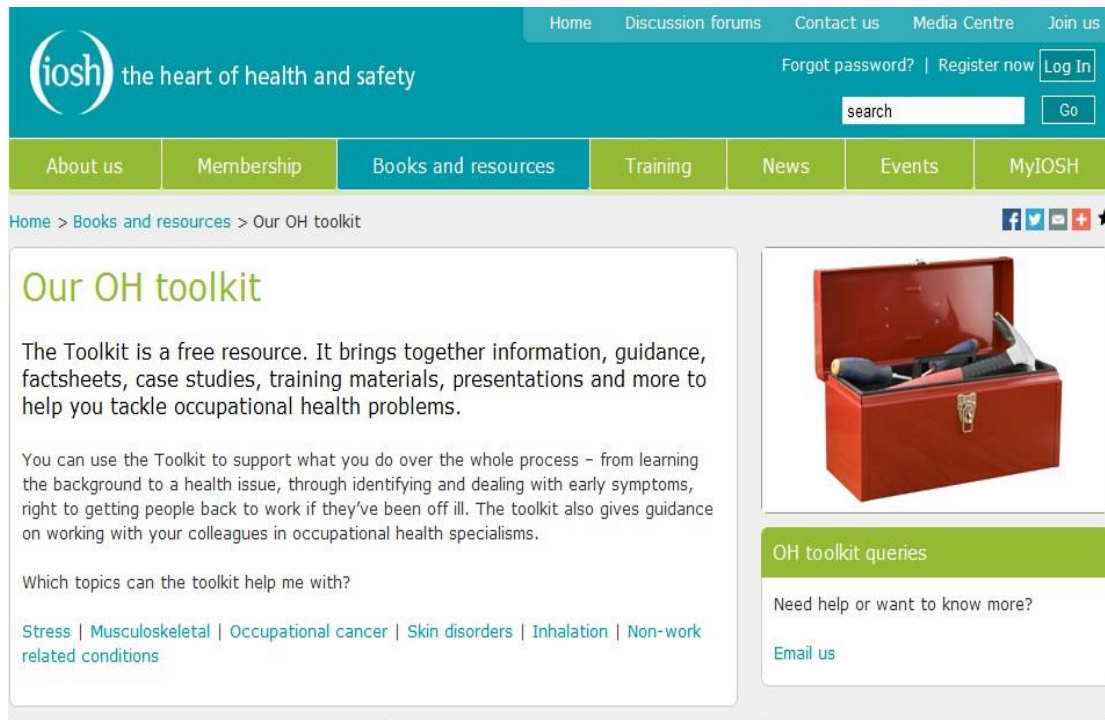
参考链接：

<http://www.hse.gov.uk/simple-health-safety/index.htm>

简介：

英国健康安全局开发的简易工作场所健康促进工具包，用于帮助企业的安全管理，内容包括简介、组织、策略、风险管理、员工教育、正确的生产设备、事故和应急等方面。

● 英国职业安全健康学院职业健康工具包



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Home > Books and resources > Our OH toolkit

Our OH toolkit

The Toolkit is a free resource. It brings together information, guidance, factsheets, case studies, training materials, presentations and more to help you tackle occupational health problems.

You can use the Toolkit to support what you do over the whole process - from learning the background to a health issue, through identifying and dealing with early symptoms, right to getting people back to work if they've been off ill. The toolkit also gives guidance on working with your colleagues in occupational health specialisms.

Which topics can the toolkit help me with?

[Stress](#) | [Musculoskeletal](#) | [Occupational cancer](#) | [Skin disorders](#) | [Inhalation](#) | [Non-work related conditions](#)

OH toolkit queries

Need help or want to know more?

[Email us](#)

参考链接:

<http://www.iosh.co.uk/Books%20and%20resources/Our%20OH%20toolkit>

简介:

英国职业安全健康学院提供的职业健康工具包,包括职业健康信息、指南、案例分析、培训材料等,涵盖与工作相关的压力、骨骼肌肉损伤、职业肿瘤、皮肤病、呼吸系统疾病、非-工作相关的职业健康问题等方面。

● 瑞士健康促进基金会健康促进工具包

1. S-Tool

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ASA | SVV Schweizerischer Versicherungsverband
Association Suisse d'Assurances
Swiss Insurance Association

Health Promotion
Switzerland

S-Tool

wellbeing at the workplace

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Welcome to S-Tool

The Stress Barometer for your Enterprise!

The stress survey instrument S-Tool is freely accessible for companies. [Here](#), you will find important informations for companies.

Currently, it is also used in the [project SWiNG](#).

For professional use we recommend specific training and the conclusion of a support agreement. Register today and ask for a copy of our support and training material (at present only available in German).

We look forward to [hearing from you](#).

S-Tool - What Is It?

S-Tool is a web-based questionnaire which will give you a detailed insight into stress occurrences in your company. You can learn more about subjectively experienced stressors and resources as well as the current level of well-being among your employees.

S-Tool delivers automatically generated results at team, departmental and corporate level. Graphs will show you at a glance:

- where you stand in comparison with other companies
- where the hot spots (units with increased stress levels) in your company are
- where resources are to be found in your company which can help to alleviate stress

参考链接：

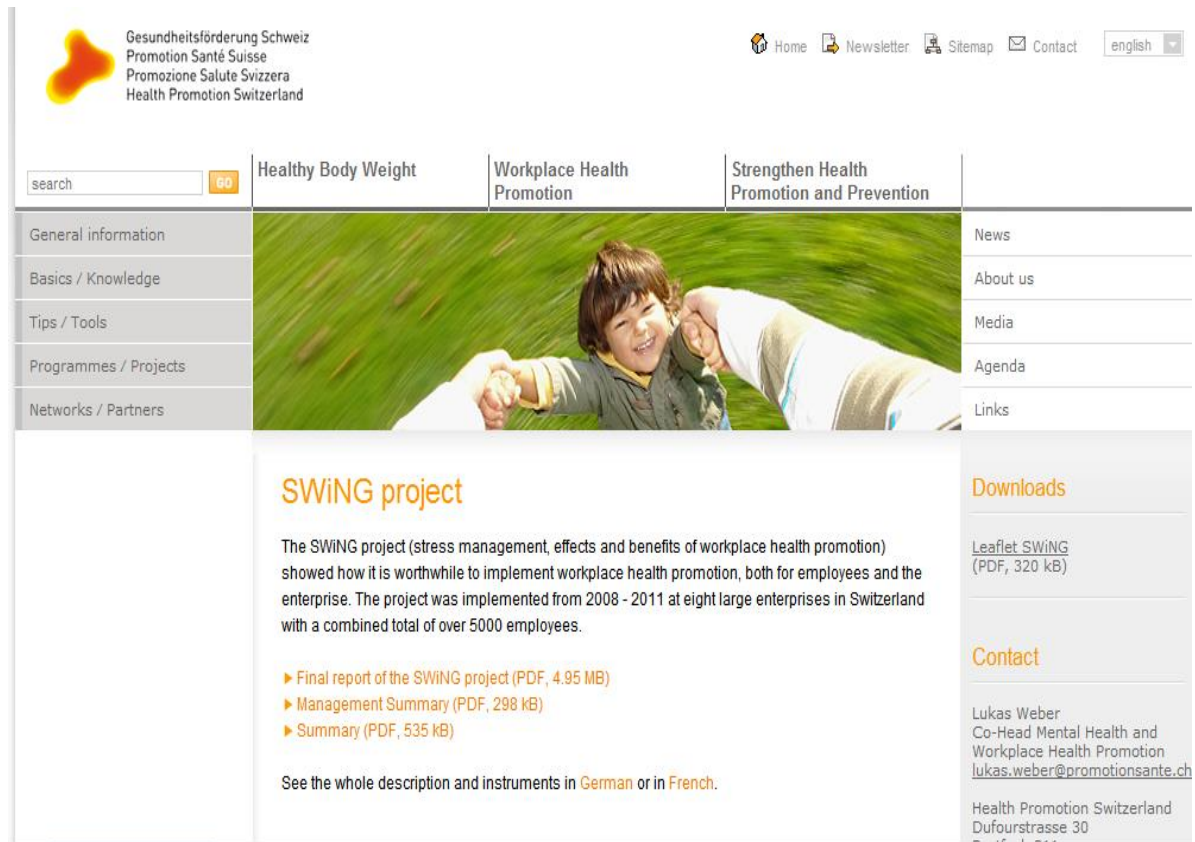
http://www.s-tool.ch/index.php?option=com_frontpage&Itemid=

[27](#)

简介：

瑞士健康促进基金会开发的 S-Tool 是一个用于分析工作压力和员工健康的工具包，其调查问卷内容是根据目前已知的工作压力相关现象进行科学分析，工具包能够为企业自动生成部门和公司层面的结果，帮助企业开展健康促进项目。

2. SWiNG project



Gesundheitsförderung Schweiz
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Health Promotion Switzerland

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SWiNG project

The SWiNG project (stress management, effects and benefits of workplace health promotion) showed how it is worthwhile to implement workplace health promotion, both for employees and the enterprise. The project was implemented from 2008 - 2011 at eight large enterprises in Switzerland with a combined total of over 5000 employees.

- ▶ Final report of the SWiNG project (PDF, 4.95 MB)
- ▶ Management Summary (PDF, 298 kB)
- ▶ Summary (PDF, 535 kB)

See the whole description and instruments in [German](#) or in [French](#).

Downloads

Leaflet SWiNG (PDF, 320 kB)

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参考链接:

http://www.gesundheitsfoerderung.ch/pages/Betriebliche_Gesundheitsfoerderung/Tipps_Tools/module_swing/index.php?lang=e

简介:

瑞士健康促进基金会开发的 SWiNG project 是用于分析工作压力管理、工作场所健康促进效益的工具，它能够证明对于雇主和雇员而言，实施职业健康促进都是值得并且是有益的。