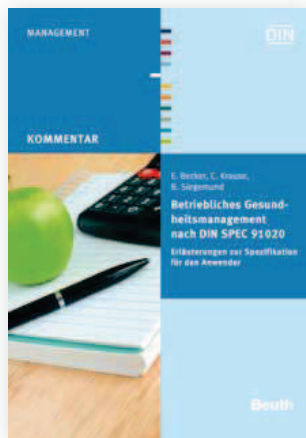




Occupational Health Management – A Practical Guide

The book "Occupational Health Management – A Practical Guide" illustrates the symbiosis of business know-how and the practice of occupational health care. The contents range from setting up a practice and service management to personnel planning. The guide is supplemented by an extensive range of free downloadable materials. It is therefore especially useful for company doctors who manage occupational medicine services or practices.

Michael Vollmer, Rana Jurkschat, Martin Kern (ed.), "Betriebsärztliches Management – Ein Leitfaden für die Praxis", 1st edition 2013 ISBN 978-3-89869-400-1 (available in German only)
www.universum-shop.de/betriebsarztliches-management.html



Occupational Health Management Based on DIN SPEC 91020

Globalization, demographic trends and an ever more apparent skills gap make having dedicated and high-performing employees an increasingly important factor in maintaining a company's competitive edge. Forward-looking companies know that it is essential to have an occupational health management (OHM) system in place. DIN SPEC 91020:2012-07 specifies the requirements for OHM and is applicable to all organisations, independent of size and industry. It can be easily integrated into an organisation's existing management system. The authors of this commentary review the DIN SPEC 91020 requirements section by section, factoring in the relevant legal regulations along with the documents and records needed for an OHM system. Guidelines, key figures and other helpful information make it a well-rounded read.

"Beuth Kommentar: Betriebsärztliches Gesundheitsmanagement nach DIN SPEC 91020, Erläuterungen zur Spezifikation für den Anwender", by Eckhard Becker, Claudia Krause, Bernd Siegemund, 1st edition 2014, ISBN 978-3-410-23890-4 (available in German only)



B-A-D Workout for Vascular Fitness

One in eight adults suffers from a chronic vascular disorder. Two-thirds of people with vascular disorders have trouble performing their jobs to the fullest extent. Workers who are on their feet all day or those who sit for prolonged periods are especially prone to these disorders. B-A-D's vascular fitness workout is designed to prevent the potential health effects and vascular disorders. About 30 minutes of vascular gymnastics per day are recommended, and the exercises are easy to do right at your desk. The entire B-A-D workout takes approximately 40 minutes. Although it may not seem important for this workout, don't forget to warm up before and cool down afterward.

B-A-D's vascular exercise booklet is available in German in our online shop at www.bad-gmbh.de.

TeamPrevent (TP) Bulgaria Dealing with Stress

According to studies in Bulgaria*, one in four employees suffers from work-related stress. In recent years, 20 per cent of workplace accidents were attributable first and foremost to increased stress at work. TeamPrevent Bulgaria's new "Stress Management" service provides workshops to teach customers about how to deal with stress in the workplace.



The most alarming part of the story is the upward trend. The number of stress-induced accidents at work will likely continue to rise in the years to come. The main factors for rising stress levels and declining interpersonal relationships in the workplace are inappropriate behaviour, bad temper and harassment. Workloads and overtime are also major stress factors.

The fact that it is difficult for workers to even recognise that they are suffering from stress is alarming. They only notice it when the emotional and physical symptoms come to the surface. Nowadays we see more and more people displaying signs of anxiety, irritability, sleeplessness and more.

Nine modules to stress management

Aware of this trend, TeamPrevent Bulgaria is now offering a new "Stress Management" service that is divided into nine different modules. The primary objective is to offer training sessions to support TP customers, teaching them how to deal with stress in the workplace and in the end improve the performance and efficiency of their staff, not to mention improve the company's competitive edge.

Stress Management is designed not only to address how to tackle or eliminate physical stress factors and stress symptoms, but also how to treat the symptoms that become apparent in employee behaviour and emotions. The modules offer a series of exercises for body and mind, as well as diverse training and tools that can lead to a healthier lifestyle as well as improve the overall climate in the working environment and the relationships among colleagues.

Service portfolio

TP Bulgaria currently works with over 750 companies with 30,000 employees headquartered in more than 120 cities across the country and spanning all industries. They employ 30,000 people. TP Bulgaria has a pool of experienced professionals in the areas of occupational health and safety.

*Balkan Institute for Labour and Social Policy, 2013

Facts & Figures

Established: 2007
 Number of staff: 20
 Staff qualifications:

Doctors, engineers, stress management experts, occupational safety, health and hygiene consultants, nurses, trainers – including training in forklift operation, first aid, fire protection, office safety and occupational safety.

Locations: Sofia, Shumen, Varna, and Burgas

Services:

- Occupational medicine
- Patient records
- Health analysis
- Promotion of health and well-being in the workplace
- Risk analysis
- Stress risk analysis
- Technical safety measures, consultation, orientation, review, documentation:
 - Safety guidelines
 - Fire protection
- Assessment of the working environment
- Hygiene management, consultation
- Occupational health and safety coordination
- QM systems
- The Hazard Analysis and Critical Control Point (HACCP) system
- Stress management