

Druckzentrum Bern initiated the project "Work PLUS Health" as far back as in 1993 at the instigation of the city of Bern. The project is supported by the PLUS office for health promotion and addiction prevention and its aim is to maintain and promote the health of the employees of Druckzentrum Bern. The corporate guidelines and a co-operation agreement with the PLUS office regulate the WHP details.

External specialists provide assistance

A project steering committee develops and co-ordinates workplace health promotion at Druckzentrum, receiving advice from the PLUS office as well as assistance with implementation. The company specifically determines the needs by analysing staff surveys, absenteeism, industrial accident statistics, and employee interviews.

In the meantime the working conditions have been improved in various respects. For example, the start of the shift has been moved by one hour. Action has also been taken to ensure better air circulation and temperature control. Campaigns have been carried out aimed at making employees more aware of health risks caused by noise and to increase their willingness to wear protective equipment.

Furthermore, campaigns such as "Treating each other with more respect" have had a positive impact on the working atmosphere.

Berner Druckzentrum supports its employees to have healthier lifestyles by offering programmes on nutritional food, how to stop smoking, and healthy canteen food. The company

offers its employees qualified social and addiction assistance and addicts also receive rehabilitation support following detoxification.

Employees are rarely ill

At Druckzentrum all health-related activities were evaluated between 1993 and 1995. The company was also interested in whether the employees accept the action taken. Moreover, data on job satisfaction and other company documents were assessed. This information showed that the wide variety of health promotion measures have improved both the working atmosphere as well as job motivation and staff satisfaction.

Absenteeism due to illness has been reduced to 1.97%, the time lost due to accidents is 0.11%.



Branch:
Printing industry

No. of employees:
112

Products/Services:
Newspapers

Locations:
Bern

Miscellaneous:
Druckzentrum Bern is a subsidiary of Berner Tagblatt Medium AG.
95% shift work, 25% part-time work