

Institut "Jožef Stefan"

Zdravju prijazna organizacija



Institut »Jožef Stefan« je prejemnik certifikata Zdravju prijazna organizacija, s katerim potrjujemo svojo zavezanost sistematičnemu spodbujanju zdravja in dobrega počutja vseh zaposlenih. V okviru certifikata na IJS izvajamo različne aktivnosti s katerimi želimo zaposlenim približati skrb za zdravje ter prispevati k varnemu, spodbudnemu in kakovostnemu delovnemu okolju.

Ozaveščanje in informiranje

Pomemben del promocije zdravja je dostop do koristnih, razumljivih in zanesljivih informacij. Zaposlenim bomo zato približevali različne vsebine povezane z zdravim življenjskim slogom, dobrim počutjem in zdravim delovnim okoljem. S promocijskimi vsebinami želimo krepiti tudi zavedanje o varnem ravnanju, preprečevanju poškodb ter odgovornosti vsakega posameznika za varno delovno okolje.

Naredimo nekaj dobrega zase

Vabljeni, da se vključite v aktivnosti, ki jih bomo pripravljali v okviru promocije zdravja, in si vzamete čas zase in za svoje dobro počutje – vsak korak šteje.

Spremljajte obvestila in se nam pridružite!



PREDNOSTNA PODROČJA

1. Zdrav življenjski slog in spodbujanje gibanja

Redno gibanje in zdrave življenjske navade so temelj dolgoročne vitalnosti. Spodbujamo zdrav življenjski slog in ustvarjamo priložnosti za več gibanja na delovnem mestu. Z različnimi vsebinami zaposlene ozaveščamo o pomenu redne telesne dejavnosti za ohranjanje zdravja in dobrega počutja in jih spodbujamo k aktivnemu življenjskemu slogu v vsakdanjem življenju.

2. Krepitev in varovanje duševnega zdravja

Medsebojni odnosi so pomemben dejavnik uspešnega sodelovanja, doseganja dobrih rezultatov in ustvarjanja pozitivnega delovnega okolja. Pozornost namenjamo prepoznavanju in obvladovanju stresa ter drugih delovnih obremenitev, konstruktivnemu reševanju konfliktov in spodbujanju zdrave komunikacije. Zaposlenim želimo omogočiti tudi dostop do informacij, podpore in vsebin, ki prispevajo k boljšemu duševnemu počutju ter ustvarjanju odprtega in pozitivnega delovnega okolja.

3. Izboljšanje delovnega okolja

Ustrezna ergonomska ureditev delovnih mest pomembno vpliva na zdravje, počutje in zadovoljstvo zaposlenih. Pozornost zato namenjamo ozaveščanju o ergonomiji, pomenu ustreznih delovnih navad in delovnih pogojev, zmanjševanju fizičnih obremenitev pri delu ter preprečevanju težav povezanih z dolgotrajnim sedenjem. Pozornost namenjamo tudi drugim dejavnikom, ki lahko prispevajo k bolj kakovostnemu in zdravju prijaznemu delovnemu okolju.

4. Zdrava prehrana

Zdrava prehrana je pomemben del skrbi za zdravje in dobro počutje. Zaposlenim želimo približati koristne informacije in spodbude za oblikovanje zdravih prehranskih navad ter jim olajšati dostop do bolj zdravih oziroma kakovostnih prehranskih izbir tudi v delovnem času.

Jožef Stefan Institute **Health-Friendly Organisation**



The Jožef Stefan Institute has been awarded the 'Health-Friendly Organisation' certificate, which confirms our commitment to systematically promoting health and wellbeing of all our staff. As part of this certification, we carry out various activities at the Jožef Stefan Institute aimed at raising staff awareness of health care and contributing to a safe, supportive and high-quality working environment.

Raising Awareness and Providing Information

Access to useful, clear and reliable information is an important part of workplace health promotion. We will therefore provide employees with a range of information on healthy lifestyles, well-being and a healthy working environment. Through our awareness-raising materials, we also aim to strengthen awareness of safe working practices, injury prevention and each individual's responsibility for maintaining a safe working environment.

Let's Do Something Good for Ourselves

We invite you to take part in the activities organised as part of our workplace health promotion programme and to make time for yourself and your well-being – every step counts.

Follow upcoming activities and join us!



PRIORITY AREAS

1. Healthy Lifestyle and Promotion of Physical Activity

Regular physical activity and healthy lifestyle habits are the foundation of long-term vitality. We promote a healthy lifestyle and create opportunities for more physical activity in the workplace. Through a variety of initiatives and information, we raise employees' awareness of the importance of regular physical activity for maintaining health and well-being and encourage them to adopt an active lifestyle in their everyday lives.

2. Promoting and Protecting Mental Health

Interpersonal relationships are an important factor in effective collaboration, achieving good results and creating a positive working environment. We focus on recognising and managing stress and other work-related pressures, resolving conflicts constructively and promoting healthy communication. We also aim to provide employees with access to information, support and resources that contribute to improved mental well-being and help foster an open and positive working environment.

3. Improving the Working Environment

Appropriate ergonomic workplace design has a significant impact on employees' health, well-being and job satisfaction. We therefore focus on raising awareness of ergonomics, the importance of appropriate work habits and working conditions, reducing physical strain at work and preventing problems associated with prolonged sitting. We also pay attention to other factors that can contribute to a better-quality and health-friendly working environment.

4. Healthy Diet

A Healthy diet is an important part of maintaining health and well-being. We aim to provide employees with useful information and encouragement to help them develop healthy eating habits and make healthier, higher-quality food choices more accessible during working hours.