**Checklist on health and safety for older workers**

**Checklist #1 Measures for health promotion among employees**

Does your organisation conduct **activities** aimed at (for each of the following risk factors tick whether they can be found in your organisation or not):

|  |  |  |
| --- | --- | --- |
| **Activities** | **YES** | **NO** |
| Raising awareness about healthy eating? |  |  |
| Raising awareness of the prevention of addiction, e.g. to smoking, alcohol or other drugs? |  |  |
| Promotion of sports activities outside of working hours? |  |  |
| Promotion of spine strengthening exercises or stretching at work? |  |  |
| Promotion of other physical exercises at work? |  |  |

Source: based on examples from [www.hse.gov.uk](http://www.hse.gov.uk)

**Checklist #2 Measures for health promotion among employees**

Depending on the type of work, there are **different types of risks and hazards**. For each of the following risk factors tick whether they can be found in your organisation or not.

|  |  |  |
| --- | --- | --- |
| **Risk factors** | **YES** | **NO** |
| Tiring or painful posture, including sitting for long periods |  |  |
| Lifting or moving people or heavy loads |  |  |
| Loud noise |  |  |
| Repetitive hand or arm movements |  |  |
| Heat, cold or draught |  |  |
| Risk of accidents related to the use of machines or hand tools |  |  |
| Risk of accidents related to vehicles used at work but not on the way to and from work |  |  |
| Chemical or biological substances in the form of liquids, fumes or dust |  |  |
| Increased risk of slips, trips and falls |  |  |

Source: based on examples from [www.hse.gov.uk](http://www.hse.gov.uk)

**Checklist #3 Measures for health promotion among employees**

Depending on the type of work, there are **different types of risks and hazards**. For each of the health risks resulting from the **way work is organised, from social relations at work or from the economic situation** tickwhether they can be found in your organisation or not.

|  |  |  |
| --- | --- | --- |
| **Risk factors** | **YES** | **NO** |
| Time pressure |  |  |
| Poor communication or cooperation within the organisation |  |  |
| Employees’ lack of influence over their work pace or work processes |  |  |
| Job insecurity |  |  |
| Having to deal with difficult customers, patients, pupils, etc. |  |  |
| Long or irregular working hours |  |  |
| Discrimination due to gender |  |  |
| Discrimination due to age |  |  |
| Discrimination due to ethnic origins |  |  |

Source: based on examples from [www.hse.gov.uk](http://www.hse.gov.uk)