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We're back and we've got your back

Occupational Health and Safety week

25-29 October 2021

PROGRAMME



Council of the European Union
General Secretariat



HOME OFFICE HACKS PHOTO CONTEST

Registration required by email safety.unit@consilium.europa.eu by October 18 - 19:00
Results announced during the week

MONDAY 25

14:30 - 15:30 * **OPENING SPEECH**
Heads of the Safety Unit and the
Healthcare and Social services Unit
EB Press Room

Opening conference
**ARE YOU READY TO LIGHTEN YOUR
LOAD? HOW TO PREVENT MSD'S (EN)**
Brenda O'Brien
EU-OSHA – European Agency for
Safety and Health at Work

TUESDAY 26

9:00 - 12:00 * **Workshops**
5 persons / 60min
**HOW DO YOU EXTINGUISH A FIRE?
COME AND PRACTICE IN VR!**
Room JL 02 HN 52 **Safety Unit**

11:00 - 12:00 * **Webinar via ZOOM**
via Zoom
**MENTAL HEALTH: EVERYONE IS CONCERNED
PRESENTATION OF THE MENTAL HEALTH
FIRST AID PROJECT (FR AND EN)**
**Roberta D'Auria, Cristina
Constantin, Shirley Minet**
Healthcare & Social Services

13:00 - 16:00 * **Workshops**
5 persons / 60min
**HOW DO YOU EXTINGUISH A FIRE?
COME AND PRACTICE IN VR!**
Room JL 02 HN 52 **Safety Unit**

WEDNESDAY 27

12:30 - 14:00 **Info point**
JL Atrium
HEALTHCARE & SOCIAL SERVICES @ GSC
Healthcare & Social Services

12:30 - 14:00 **Info point**
JL Atrium
SAFETY @ GSC
Safety Unit

13:30 - 17:00 **Info point**
JL Atrium
ERGO-CORNER - TIPS AND TRICKS
Safety Unit

15:00 - 15:30 * **Workplace exercises**
JL Atrium
STRETCHING / QI GONG
DG LING Ergonomics Network

THURSDAY 28

9:00 - 11:00 **Info point**
JL Atrium
ERGO-CORNER - TIPS AND TRICKS
Safety Unit

10:00 - 12:30 * **Workshop**
6 persons / 30min
TWO HANDS TO SAVE A LIFE
Healthcare & Social Services
JL Atrium

12:30 - 14:00 **Info point**
JL Atrium
HEALTHCARE & SOCIAL SERVICES @ GSC
Healthcare & Social Services

12:30 - 14:00 **Info point**
JL Atrium
SAFETY @ GSC
Safety Unit

13:00-14:00 * **Webinar**
via ZOOM
**IS SITTING THE NEW SMOKING ?
SEDENTARITY AND ERGONOMICS IN
TIME OF REMOTE WORKING (EN & FR)**
Céline Uguen - ergonomist
Safety Unit

FRIDAY 29

11:00 - 12:30 * **Webinar**
via ZOOM
**BUILDING STRATEGIES FOR OPTIMISING
YOUR MENTAL & PHYSICAL WELL-BEING
IN THESE CHALLENGING TIMES (EN)**
Paul Fearon, Clinical Professor Psychiatry,
Trinity College Dublin
Healthcare & Social Services

* Registration required on EU LEARN

