



# Healthy Workplaces **LIGHTEN THE LOAD**



Country	Shortlisted example – Good Practice Awards 2022	Organisation
Austria	Successful MSD prevention in a large hospital through staff involvement and diversity	Universitätsklinikum AKH Wien
Austria	A technical intervention to protect workers' backs in concrete production	Rohrdorfer Transportbeton GmbH
Belgium	Integrating ergonomics into corporate culture in a hospital group	GZA Ziekenhuizen/ Idewe
Belgium	Holistic approach to well-being and MSD prevention in supermarkets	Delhaize De Leeuw
Croatia	Correct manual handling in the printing industry	Printing and Publishing Industry Trade Union
Cyprus	Wearable exoskeletons to better manage manual handling at airports	Swissport Cyprus Ltd
Cyprus	Provision of holistic wellbeing services to workers in consulting	PricewaterhouseCoopers Ltd
Czech Republic	Job rotation to reduce upper limb disorders in the production of road vehicles	Škoda Auto s.a.
Finland	Improved ergonomics and multi-professional cooperation in the food industry	Suomen Nestlé Oy, Turku factory
Finland	A new ergonomic model for social and healthcare workers	Siun sote – Joint municipal authority
France	Handling and load-carrying assistance in food production	Petit Pierre
France	Risk prevention programme for employees in the home-help sector	Carsat Aquitaine
Germany	Automatic lifting and emptying of steel drums in the chemical industry	Ursa-Chemie GmbH
Germany	Promoting ergonomics in office or telework through a comprehensive knowledge database in the software industry	SAP SE
Greece	Reducing MSDs through novel techniques in cement production	Titan cement company S.A. – Kamari plant
Greece	Replacement of manual pressing machines for packaging figs	Sykigi Agricultural Cooperative

Hungary	Technical modifications on the production line based on ergonomic risks in a sweets factory	F&F Ltd.
Hungary	Health promotion and disease prevention programme for rail transport workers	Rail Cargo Hungaria Zrt.
Ireland	Reduction in manual handling by using pipe roller for welding	Aughinish Alumina Ltd
Ireland	Ergonomic intervention for maintenance work in ophthalmic lense production	Organic Lens Manufacturing OLM Ltd.
Italy	MSD prevention in laundry plants by introducing new operating methods and instrumental changes	Servizi Italia SPA
Italy	Participatory ergonomics intervention to improve the safety of maintenance workers in the textile industry	Zegna Baruffa Lane Borgosesia SpA
Latvia	Ergonomic workplaces through lifting solutions in metalworking	SIA Silkeborg Spaantagning Baltic
Lithuania	Prevention of injuries through ergonomics training in a company producing professional fishing equipment	UAB Vonin Lithuania
Netherlands	Reducing physically demanding work with technical and organisational adjustments in cleaning services	Hago Next
Netherlands	Improving the stacking of crates and boxes in a vegetable growing company	Verdonk Broccoli
Poland	Ergonomic improvements to eliminate or mitigate manual handling in pharmaceutical production	GSK Pharmaceuticals S.A.
Poland	Technical, organisational and behavioural measures all add up to a comprehensive approach to ergonomics	Bridgestone Poznań Sp. z. o.o.
Portugal	Multidisciplinary ergonomic approach in the electronics industry through a functional organisational chart and procedure	Tyco Electronics - Componentes Electromecânicos Lda.
Serbia	Optimisation of workplace design leads to reduction of physical efforts in automotive supplier industry	Norma Group Southeast Europe d.o.o.
Serbia	Reducing ergonomic risks by a systematic approach to risk assessments and ergonomic simulations in assembly lines	Grundfos Serbia
Slovakia	Ergonomic workplace adjustments and automation programmes in commercial roofing production	Johns Manville Slovakia, a.s.
Slovenia	Workplace health promotion programme for home care workers	Home care center Maribor

Slovenia	Ergonomic workplace set-up in offices and at home through training in an insurance company	Zavarovalnica Triglav, d. d.
Spain	Technical solutions to ergonomic risks in meat production	Elaborados Julián Mairal SL
Spain	Programme for personalised postural exercises for workers in the production of small domestic appliances	BSH Electrodomésticos España, S.A.
Turkey	Ergonomic work at height in defence vehicle production	FNSS Savunma Sistemleri A.Ş.
Turkey	Introduction of overhead cranes in wood-based panel industry	Kastamonu Integrated Forestry Industry and Trade Inc.