

FORUM FOR WELL-BEING AT WORK

Making well-being at work a strength –
activities and opportunities for participation





Forum for well-being at work is a network for working life actors

The Ministry of Social Affairs and Health has started a Forum for well-being at work in order to expand cooperation for promoting well-being at work. The Forum provides a natural and reliable foundation for extensive cooperation by all actors.

The Forum coordinates the actions of organisations promoting well-being at work and it e.g. disseminates good ideas and practices. The objective is to boost network cooperation and partnerships so as to make the actions more effective and to achieve common goals. All people at a given workplace including experts in management and planning of work, supervisors responsible for well-being at work, occupational safety and health managers, occupational safety and health representatives as well as the occupational health care system and other stakeholders are important in promoting and well-being at work. All individuals and organisations promoting well-being at work are thus welcome to participate in the activities of the Forum.

The Forum for well-being at work is a component of the Government's Policy Programme for Employment, Entrepreneurship and Working life-Worklife. Furthermore, it promotes in particular the development of occupational health care and rehabilitation together with the Policy Programme for Health Promotion. The Forum makes use of achievements and good practices of previous working life programmes.

Further information on how to take part in the activities and improve well-being at work can be found on the website www.tyohyvintifoorumi.fi.

Typical activities include:

- fairs, seminars, campaigns, expert meetings
- training and joint open settings for learning
- publications, articles, brochures, web service
- guidance of research and development, and relevant projects

The Forum for well-being at work will promote

- the health and safety of work, working methods and the working environment
- the employees' physical, psychological and social well-being
- the meaningfulness of work
- healthy and safe ways of organising work
- risk assessment and management
- control of exposure and strain
- development of occupational health care and rehabilitation
- the reconciliation of work and leisure
- the role of occupational health and safety at work as a productive factor and in business
- information and influencing attitudes
- the impact of work as a factor promoting health
- dissemination of good practices

The Forum for well-being at work contributes to effectiveness and outcomes

Occupational safety benefits all

Activities related to occupational safety are a part of the successful management of a workplace observing corporate social responsibility. Participation by everyone is necessary and based on legislation. The genuine will to improve safety and the aim to disseminate the idea of "zero-accident" provide a good basis for promoting occupational safety. Interaction with other workplaces enhances occupational safety skills.

Control over work strain and stress is a part of management

Controlling for strain and stress at work is a part of good management and accountable leadership, and should be discussed on an everyday basis at the workplace. Excessive strain reduces well-being at work and weakens the results of work. Too little strain may also be harmful and increase risks of exclusion. Suitable challenges encourage and motivate the staff and increase productivity. Decisions and measures taken in the workplace as well as individuals' own choices contribute to the control over strain and to occupational health.

Occupational health care has an important task

Health is essential to well-being at work. Health is monitored and promoted by methods that are efficient and up-to-date. At the Forum the theme group on occupational health care represents various stakeholders. It contributes to the development work and disseminates information about efficient methods to its reference groups. The feedback received by the members of the theme group is important since it enables influencing the circumstances that need to be improved by means of appropriate surveys and projects.

Everyone can spread good practices

Everyone can contribute to dissemination of good practices related to occupational health and safety. A good practice may be an example based on experience that can be applied in different operating environments. It is worth disseminating even simple good practices so that others can use them. Learning and a general exchange of knowledge and practices promote health and safety at work.

A steering group consisting of representatives of relevant organisations guides the activities of the Forum for well-being at work. Its work groups organise national, regional and local events and projects. The themes that are dealt with are based on the needs of working life and stakeholders.

MINISTRY OF SOCIAL AFFAIRS AND HEALTH

Ministry of Social Affairs and Health
Department for Occupational Safety and Health
POB 536, 33101 Tampere, Finland
Visiting address: Uimalankatu 1
Telephone: + 358 9 16001
Fax: +358 9 160 72511
E-mail: givenname.surname@stm.fi

Further information:

www.stm.fi/en/occupational_safety/wellbeing

In cooperation with:

Confederation of Unions for Professional and Managerial Staff AKAVA, Confederation of Finnish Industries EK, Labour Market Organisation of the Church, Commission for Local Authority Employers Central Union of Agricultural Producers and Forest Owners MTK, Ministry of Education, Ministry of the Interior, Ministry of Social Affairs and Health, Central Organisation of Finnish Trade Unions SAK, Federation of Finnish Enterprises, Federation of Accident Insurance Institutions, Finnish Funding Agency for Technology and Innovation TEKES, Finnish Confederation of Professional STTK, Ministry of Employment and the Economy, Finnish Pension Alliance TELLA, Occupational safety and health administration, Finnish Work Environment Fund, Finnish Institute of Occupational Health, The Centre for Occupational Safety, Office for the Government as Employer

www.stm.fi/en/publications

Brochures 2009:5eng
ISSN 1236-2123 (print)
ISSN 1797-982X (online)
ISBN 978-952-00-2845-9 (pb)
ISBN 978-952-00-2846-6 (PDF)

