


# Safe and healthy working in the office: Movement and health

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 Seminar

 Always available

 Certificate of Attendance

 E-learning

 1 Lessons

 Available online

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Seminar Number: IDN-M14-GDP

Status: 16.09.2024. All current information can be found at <https://academy-id.tuv.com/s/IDN-M14-GDP>

This training focuses on promoting safe and healthy working environments in an office setting, with a specific emphasis on movement and wellness. Participants will learn about the importance of incorporating movement and exercise into the workday, as well as strategies for encouraging employees to prioritize their physical and mental health.

Topics covered may include ergonomics, stretching, posture, stress management, and healthy eating habits. By the end of this training, participants should have a deeper understanding of the benefits of a healthy workplace and be equipped with practical tools and strategies for improving office health and wellness.

## Benefits

The benefits of this training are numerous and can positively impact both employees and employers. Here are some potential benefits:

- Improved employee health: Incorporating movement and exercise into the workday can help reduce the risk of health problems associated with a sedentary lifestyle, such as obesity, diabetes, and heart disease.
- Increased productivity: Regular movement breaks can help employees maintain focus and concentration, leading to improved productivity and job performance.
- Reduced absenteeism: By promoting a healthy work environment, employers may see a decrease in employee sick days and absenteeism.
- Enhanced employee morale: Encouraging movement and wellness can boost employee morale and satisfaction, leading to improved job satisfaction and retention.
- Improved workplace culture: Implementing a culture of health and wellness can help create a positive and supportive workplace culture, which can benefit both employees and employers.

Overall, this training can help organizations create a healthier, happier, and more productive workforce, leading to improved business outcomes and a better work environment for all.

## Target group

The target group for this training could be employees or managers in an office setting who are interested in promoting a healthy work environment. This could include individuals who spend the majority of their workday sitting at a desk or in front of a computer, and who may be at risk for health problems related to a sedentary lifestyle. The training could also be beneficial for human resources professionals or workplace wellness coordinators who are responsible for developing and implementing programs to promote employee health and well-being. Overall, the training is designed for anyone who wants to learn more about the benefits of a healthy workplace and how to promote movement and wellness in an office setting.

## Requirements

No Prerequisites required. Anyone can complete this course.

## Training outline

Course topics that could be covered in this training:

- The importance of movement and exercise in the workplace
- Ergonomics: creating a safe and comfortable work environment
- Simple stretching and exercise routines to promote movement throughout the workday
- Proper posture and alignment to reduce strain on the body
- Stress management techniques to reduce workplace stress and improve mental health
- Healthy eating habits and nutrition tips for the office
- Strategies for incorporating movement and wellness into company culture and policies
- Creating a workplace wellness program
- Best practices for encouraging employee participation in wellness initiatives
- Measuring the effectiveness of workplace wellness programs and initiatives.

These topics can help employees and managers learn practical tools and strategies to improve their health and well-being while at work.

## Other information

For payment and other inquiries, please contact our Sales Executive:

1. Ms. Rezky Citra - (Rezky.Citra@tuv.com | +62 896-1257-3270)
2. Ms. Novia Yulianti - (Novia.Yulianti@tuv.com | +62 814-1350-3255)
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## ADDITIONAL INFORMATION

- Fees are inclusive of training materials and certificate.
- Training fees exclude 11% VAT.
- This e-learning will be valid for 1 months after first

## Event overview and booking

Book your desired date now directly online at <https://academy-id.tuv.com/s/IDN-M14-GDP> and benefit from these advantages:

- Fast booking process
- Personal customer account
- Simultaneous booking for several participants.

Alternatively, you can use the order form to order via fax or e-mail.

# Order form Page 1/3

I HEREBY BINDING REGISTRATION FOR THE FOLLOWING SEMINAR:

## Safe and healthy working in the office: Movement and health

Seminar Number: IDN-M14-GDP

Please choose an appointment you would like to book:

- 01/01/2024 - 31/12/2099**, | Event number: IDN-M14-GDP  
Rp 175.000,00 (Net price, plus VAT) Rp 194.250,00 (Gross price, including VAT)

All further information about the dates can be found at <https://academy-id.tuv.com/s/IDN-M14-GDP>.

Please send us **all pages** of the form by fax or email to order the above seminar.

**E-mail:**  
[academy@idn.tuv.com](mailto:academy@idn.tuv.com)

**Phone:** +62 21 397 04 579

Please enter your order data on the next page.

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Street and house number:	ZIP CODE:	City:
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## Your contact data

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Salutation:	First Name:	Last Name:
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Email Address:	Phone number (optional):	
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## Participant information

I will participate in the seminar myself (contact details as indicated above)

The following person is to participate in the seminar:

Complete only if you are not attending yourself, but another person is.

Salutation:

First Name:

Last Name:

\_\_\_\_\_

Email Address:

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\_\_\_\_\_

Date of birth (optional):

Place of birth (optional):

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## Payment method: Invoice

For consumers, the cancellation policy applies, which you can find under the attached terms and conditions.

I hereby accept the following general terms and conditions of the organizer (<https://academy-id.tuv.com/terms>).

Location, date

Signature

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Please send us **all pages** of the form by fax or email to order the above seminar.

**E-mail:**

[academy@idn.tuv.com](mailto:academy@idn.tuv.com)

**Phone:** +62 21 397 04 579