

# Health and safety basics: Healthy work - Physical, mental and social well-being

## Health and safety basics: Healthy work - Physical, mental and social well-being

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 Seminar

 Always available

 Certificate of Attendance

 E-learning

 1 Lessons

 Available online

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Seminar Number: PH-C01-GDS\_pmsw\_v01\_u01\_en

Status: 13.11.2024. All current information can be found at [https://academy-ph.tuv.com/s/PH-C01-GDS\\_pmsw\\_v01\\_u01\\_en](https://academy-ph.tuv.com/s/PH-C01-GDS_pmsw_v01_u01_en)

The focus of this training is on health as it relates to office work. Health is more than just the absence of illness and infirmity: it is the state of physical, mental and social well-being. This state must not be taken for granted, but must be actively maintained - among other things, through regular exercise, a balanced diet and the avoidance of stressful influences.

## Benefits

- Physical stress and its consequences
- The importance of breaks and exercises
- Healthy diet
- Creating a healthy work environment
- Avoiding mental stress

## Target group

Employees in all occupational groups who receive regular instruction on health and safety in the workplace

## Requirements

None

## Training outline

Physical stress and its consequences  
The importance of breaks and exercises  
Healthy diet  
Creating a healthy work environment  
Avoiding mental stress

## Other information

For more information and inquiries, please contact [info@ph.tuv.com](mailto:info@ph.tuv.com) This course will be valid for 3 days after first access.

## Event overview and booking

Book your desired date now directly online at [https://academy-ph.tuv.com/s/PH-C01-GDS\\_pmsw\\_v01\\_u01\\_en](https://academy-ph.tuv.com/s/PH-C01-GDS_pmsw_v01_u01_en) and benefit from these advantages:

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## Health and safety basics: Healthy work - Physical, mental and social well-being

Seminar Number: PH-C01-GDS\_pmsw\_v01\_u01\_en

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**01/01/2024 - 12/31/2099**, | Event number: PH-C01-GDS\_pmsw\_v01\_u01\_en  
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**E-mail:**  
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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.

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Location, date

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

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

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