

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

Seminar Number: PH-C01-GDS_pmsw_v01_u01_en

Status: 11.02.2025. All current information can be found at 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

At the end of the e-learning session, the participants should be able to learn the following areas:

- 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 academy@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 and benefit from these advantages:

- Fast booking process
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- Simultaneous booking for several participants.

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

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I HEREBY BINDING REGISTRATION FOR THE FOLLOWING SEMINAR:

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

Seminar Number: PH-C01-GDS_pmsw_v01_u01_en

Please choose an appointment you would like to book:

01/01/2024 - 12/31/2099, | Event number: PH-C01-GDS_pmsw_v01_u01_en
€600.00 (Net price, plus VAT) €672.00 (Gross price, including VAT)

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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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