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

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

Seminar | Always available | Certificate of Attendance

E-learning | 1 Lessons | Available online

Seminar Number: PH-C01-GDS_pmsw_v01_u01_en

Status: 07.10.2026. 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

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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@phl.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
- Personal customer account
- Simultaneous booking for several participants.

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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)

All further information about the dates can be found at https://academy-ph.tuv.com/s/PH-C01-GDS_pmsw_v01_u01_en.

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