



FIZnews

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Health Day 2005 at FIZ Karlsruhe

Karlsruhe, May 2005 — As part of the company's preventive healthcare measures, the HR department and health officer at FIZ Karlsruhe once again organized a health day for all employees this year. The focus was on healthy sleep, relaxation, occupational safety and the legal and administrative aspects of caring for relatives at home and cases of being in need of care oneself.

FIZ Karlsruhe, whose corporate culture emphasizes the compatibility of care, family and career, attaches great importance to maintaining the health of employees who provide care. Interested employees were therefore introduced to sustainable support structures and services in several presentations and given the necessary tools to successfully reconcile work and care. Legal issues relating to health care proxies, patient decrees and advance care directives were also addressed.

In addition to theory, there was also practical exercise. In several short taster courses, employees were able to learn different techniques for body awareness and stress reduction, which can also be easily applied in short breaks during work hours.

Another focus of the Health Day was on the topic of “restful sleep”, which is important for employees and companies alike. A presentation provided insights into various aspects of healthy sleep and showed ways to create a healthy and relaxing sleeping environment through suitable measures. Employees were also able to measure their sleep needs with the help of special glasses based on pupil changes and then receive individual advice on how to optimize their sleep hygiene.

FIZ Karlsruhe regularly conducts mandatory training courses on occupational safety in order to keep its employees up to date with relevant occupational safety

regulations and to raise awareness of this topic in general. As part of the Health Day, employees were given the opportunity to discuss any unanswered questions on this topic directly with the occupational safety specialist.

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Our employees happily participated in this health program; another health day is planned for next year.

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