



Healthy Workplaces **LIGHTEN THE LOAD**



| Country | Shortlisted example – Good Practice Awards 2022 | Organisation |
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| Austria | Successful MSD prevention in a large hospital through staff involvement and diversity | Universitätsklinikum AKH Wien |
| Austria | A technical intervention to protect workers' backs in concrete production | Rohrdorfer Transportbeton GmbH |
| Belgium | Integrating ergonomics into corporate culture in a hospital group | GZA Ziekenhuizen/ Idewe |
| Belgium | Holistic approach to well-being and MSD prevention in supermarkets | Delhaize De Leeuw |
| Croatia | Correct manual handling in the printing industry | Printing and Publishing Industry Trade Union |
| Cyprus | Wearable exoskeletons to better manage manual handling at airports | Swissport Cyprus Ltd |
| Cyprus | Provision of holistic wellbeing services to workers in consulting | PricewaterhouseCoopers Ltd |
| Czech Republic | Job rotation to reduce upper limb disorders in the production of road vehicles | Škoda Auto s.a. |
| Finland | Improved ergonomics and multi-professional cooperation in the food industry | Suomen Nestlé Oy, Turku factory |
| Finland | A new ergonomic model for social and healthcare workers | Siun sote – Joint municipal authority |
| France | Handling and load-carrying assistance in food production | Petit Pierre |
| France | Risk prevention programme for employees in the home-help sector | Carsat Aquitaine |
| Germany | Automatic lifting and emptying of steel drums in the chemical industry | Ursa-Chemie GmbH |
| Germany | Promoting ergonomics in office or telework through a comprehensive knowledge database in the software industry | SAP SE |
| Greece | Reducing MSDs through novel techniques in cement production | Titan cement company S.A. – Kamari plant |
| Greece | Replacement of manual pressing machines for packaging figs | Sykigi Agricultural Cooperative |

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| Hungary | Technical modifications on the production line based on ergonomic risks in a sweets factory | F&F Ltd. |
| Hungary | Health promotion and disease prevention programme for rail transport workers | Rail Cargo Hungaria Zrt. |
| Ireland | Reduction in manual handling by using pipe roller for welding | Aughinish Alumina Ltd |
| Ireland | Ergonomic intervention for maintenance work in ophthalmic lense production | Organic Lens Manufacturing OLM Ltd. |
| Italy | MSD prevention in laundry plants by introducing new operating methods and instrumental changes | Servizi Italia SPA |
| Italy | Participatory ergonomics intervention to improve the safety of maintenance workers in the textile industry | Zegna Baruffa Lane Borgosesia SpA |
| Latvia | Ergonomic workplaces through lifting solutions in metalworking | SIA Silkeborg Spaantagning Baltic |
| Latvia | Reducing the impact of physical factors at a metalworking enterprise through industrial design | Severstal Distribution |
| Lithuania | Prevention of injuries through ergonomics training in a company producing professional fishing equipment | UAB Vonin Lithuania |
| Netherlands | Reducing physically demanding work with technical and organisational adjustments in cleaning services | Hago Next |
| Netherlands | Improving the stacking of crates and boxes in a vegetable growing company | Verdonk Broccoli |
| Poland | Ergonomic improvements to eliminate or mitigate manual handling in pharmaceutical production | GSK Pharmaceuticals S.A. |
| Poland | Technical, organisational and behavioural measures all add up to a comprehensive approach to ergonomics | Bridgestone Poznań Sp. z. o.o. |
| Portugal | Multidisciplinary ergonomic approach in the electronics industry through a functional organisational chart and procedure | Tyco Electronics - Componentes Electromecânicos Lda. |
| Serbia | Optimisation of workplace design leads to reduction of physical efforts in automotive supplier industry | Norma Group Southeast Europe d.o.o. |
| Serbia | Reducing ergonomic risks by a systematic approach to risk assessments and ergonomic simulations in assembly lines | Grundfos Serbia |
| Slovakia | Ergonomic workplace adjustments and automation programmes in commercial roofing production | Johns Manville Slovakia, a.s. |

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| Slovenia | Workplace health promotion programme for home care workers | Home care center Maribor |
| Slovenia | Ergonomic workplace set-up in offices and at home through training in an insurance company | Zavarovalnica Triglav, d. d. |
| Spain | Technical solutions to ergonomic risks in meat production | Elaborados Julián Mairal SL |
| Spain | Programme for personalised postural exercises for workers in the production of small domestic appliances | BSH Electrodomésticos España, S.A. |
| Turkey | Ergonomic work at height in defence vehicle production | FNSS Savunma Sistemleri A.Ş. |
| Turkey | Introduction of overhead cranes in wood-based panel industry | Kastamonu Integrated Forestry Industry and Trade Inc. |