



## Newsletter 1/2016 on occupational safety and wellbeing

This newsletter provides information about occupational health and safety as well as workplace wellbeing at the University of Helsinki. This biannual newsletter is compiled by the University's occupational safety organisation. The goal of occupational safety is to improve the workplace atmosphere and working conditions in order to ensure and maintain the optimal working capacity of staff as well as prevent workplace accidents, occupational diseases and other physical and psychological health hazards associated with work and the workplace.

Read more on Flamma: <https://flamma.helsinki.fi/fi/HY055770>

### 1) News and events

- New occupational safety organisation 1 January 2016–31 December 2019  
The University of Helsinki held elections for occupational safety representatives between 3 and 5 November 2015. In these elections, occupational safety representatives as well as two deputies for each representative were elected for the University's eight occupational safety areas. In addition, staff representatives were elected for campus-specific occupational safety committees.  
<https://flamma.helsinki.fi/en/Occupational-safety-organisation>
- Events related to the 112 Emergency Number Day in Viikki
  - On Thursday 11 February (11.2.) from 13.00 to 14.00, the occupational safety representatives and members of the occupational safety committee will be available for discussion on the 1<sup>st</sup> floor of the Biocentre 2 building, nearby lecture room 1041. Come and discuss topical issues!
  - On Tuesday 9 February at 10.00 a peer auditing round will be organised in the food technology laboratory in Building EE. The auditing is arranged by the Occupational Safety Committee at Viikki Campus (contact person Senior Laboratory Technician Jutta Varis). Register through Doodle at <http://doodle.com/poll/rkcukcuink2prdmb>.
  - On Friday 12 February at 10.00 a safety walk at Koetilantie 5. Please note that this event is only for the safety coordinators of the Department of Agricultural Sciences and the Natural Resources Institute Finland. Participants meet in the lobby.
- Support sessions concerning the Change Programme offered by occupational health services in February  
<https://flamma.helsinki.fi/en/occupational-health-personnel-hold-support-sessions-concerning-the-change-programme>



- Instructions for attending to puncture wounds on the occupational safety Flamma site  
<https://flamma.helsinki.fi/en/pistotapaturma-en>
- Obligation to report serious accidents at work (this page also contains general instructions for reporting occupational accidents and commuting accidents through the relevant unit's contact person for workplace accidents)  
<https://flamma.helsinki.fi/en/what-to-do-in-the-event-of-an-accident-in-the-workplace>
- Changes to age-related health examinations by the occupational health service  
<https://flamma.helsinki.fi/en/notifications/terveystarkastus>
- Appointments with the occupational health nurse on the Kumpula and Viikki Campuses  
<https://flamma.helsinki.fi/en/notifications/Kumpula>
- The Flamma page on ergonomics and occupational physiotherapy at  
[https://flamma.helsinki.fi/portal/home/sisalto? nfpb=true& pageLabel=pp\\_list&placeld=HY055779](https://flamma.helsinki.fi/portal/home/sisalto? nfpb=true& pageLabel=pp_list&placeld=HY055779)  
now features Finnish-languages videos with instructions for adjusting your office chair.  
<https://flamma.helsinki.fi/fi/HY1002373>
- Purchases of personal protective equipment  
The University has invited tenders for laboratory equipment. The framework agreement prices will take effect in September and remain valid for the next four years. The equipment includes, among other things, personal protective gear such as goggles, face masks and respirators (copy the link below to your browser to access the list of laboratory equipment).  
[https://flamma.helsinki.fi/portal/home/sisalto? nfpb=true& windowLabel=contentviewer&contentId=HY287557&lang=en& pageLabel=content\\_view](https://flamma.helsinki.fi/portal/home/sisalto? nfpb=true& windowLabel=contentviewer&contentId=HY287557&lang=en& pageLabel=content_view)
- A form has been developed for laboratory work orientation. The form (Orientation Programme, form 4) can be tailored to suit personal and laboratory-specific needs.  
<https://flamma.helsinki.fi/en/HY1002323>
- Instructions for the model of early support  
<https://flamma.helsinki.fi/en/early-support-at-the-university-of-helsinki>
- Register for first-aid training! The Human Resources Development and Occupational Wellbeing unit offers first-aid training on the campuses throughout the year.  
<https://flamma.helsinki.fi/en/basic-first-aid-ea1-16-x-45-min>
- Training:
  - 8 March, information security training, City Centre Campus
  - 6 April, information security training, Viikki CampusRegistrations and further information on Henkka  
<http://www.helsinki.fi/henkilostokoulutuskalenteri>



- Remember to report near misses! The Finnish-language report form is available at:  
<https://elomake.helsinki.fi/lomakkeet/23215/lomake.html>
- Also remember that accidents at work must be reported to the workplace accident contact person in your unit.  
<https://flamma.helsinki.fi/en/contact-persons-for-workplace-accidents>

## 2) Other news on occupational safety and wellbeing

- Declaration of the joy of working 2016  
[http://www.uta.fi/jkk/synergos/tyohyvinvointi/tyonilo/tyonilojulistus\\_2016.pdf](http://www.uta.fi/jkk/synergos/tyohyvinvointi/tyonilo/tyonilojulistus_2016.pdf) (in Finnish)

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[https://elomake.helsinki.fi/tunnistaudu.php?lomake\\_id=47828](https://elomake.helsinki.fi/tunnistaudu.php?lomake_id=47828)

*To provide feedback on the newsletter, please email [tyohyvinvointi@helsinki.fi](mailto:tyohyvinvointi@helsinki.fi).*