

Changes to the Programme (12 February 2010)

Correct presentation title

Thursday, 11 February

Session 7: The workplace as an arena for health promotion: Safety, SMEs

Using corporate values to develop an integrated health, well-being and safety culture

Van Scheppingen AR, Zwetsloot GIJM, Starren AML, Bos EH, Dijkman AJ, the Netherlands

Cancelled presentations

Wednesday, 10 February 2010

17.00-17.15

The impact of safety management implementation on risk score on construction sites: A case study

Guncanli GE, Celikoglu HB, Turkey

Friday, 12 February

11.00-11-15

Session 10: Expert services and competencies

Building capacity in workplace health promotion: The Healthy Together e-learning programme

Hodgins M, Battel-Kirk B, Asgeirsdottir A, Ireland

New abstracts

Poster Plenary I (Thursday, 11 February)

No 49

Effect of the renovation of the HVAC systems on symptoms and productivity in office work – An intervention study

Kekäläinen P, Niemelä R, Reijula K, Tuomainen M, Kemppilä S, Seppänen O, Palonen J, Riuttala H, Nykyri E, Finland

No 50

Happy Worker Game; a serious game for company leadership

Joling CI, Wiezer NM, Bakhuys Roozeboom MC, de Kraker H, the Netherlands

Poster plenary II (Friday, 12 February)

No 48

Well-being at work and sense of coherence in art educational context

von Brandenburg C, Finland

Change of chair

Thursday, 11 February 2010

Session 6: Effects of management and good practices

Guy Ahonen replaced Olivier Salvi

Changes to the time table

Thursday, 11 February 2010

Session 7: The workplace as an arena for health promotion: Safety, SMEs, *and*

Session 8: Management and good practices –Return to work

- Sessions started at 15.45 (instead of 16.10) and ended at 17.00 (instead of 17.25)

Effect of the renovation of the HVAC systems on symptoms and productivity in office work – an intervention study

Kekäläinen P¹, Niemelä R¹, Reijula K¹, Tuomainen M², Kempplä S³, Seppänen O², Palonen J², Riuttala H¹, Nykyri E¹

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The aim of the study was to investigate the effects of the renovation of the HVAC system on symptoms, perceived environment and productivity in an office building. The measurements of indoor environment parameters, perceived environment and productivity were conducted during two successive summers. Two floors of the office building were renovated during autumn and wintertime. The renovation included cooling the supply air, installing cooling ceilings in half of the office rooms, distributing supply air to all office rooms as well as, renewing the lighting and redecorating the interior surfaces. An indoor air questionnaire assessing current symptom intensity including questions about self-estimated work efficiency was presented to the employees on five days each summer. The measurements performed during summer before the renovation showed that indoor temperatures raised above thermal comfort levels (maximum temperature 31.4°C). When the temperature rose above 25°C, neurobehavioral symptoms and the dissatisfaction with the IAQ increased clearly and self-estimated work efficiency decreased statistically significantly. After the renovation, thermal indoor comfort was achieved and the dissatisfaction with the temperature and IAQ remained at 2 – 4%. Objective productivity measurements performed with limited number of employees showed a 4.4% improvement of work efficiency in summertime.

Happy Worker Game; a serious game for company leadership

C.I. Joling, N.M. Wiezer, M.C. Bakhuys Roozeboom, H. de Kraker

1: TNO Quality of Life, Work and Employment, the Netherlands

Background and aim

Company leadership will be better able to take efficient preventive actions to promote employee wellbeing if they would be able to 'experience' the complexity of the problem and the effect of the interventions. In this project a Serious Game (the Happy Worker Game) will be developed with which leaders will be able to experience this complexity, as well as the effect of their own actions. They can experiment with different interventions and be able to see the effects (short term and long term) of interventions.

Methods

The game will be developed based on a scientific model in which determinants and effects of work related stress and work engagement will be integrated. Both a process and an effect study will be conducted among end users, in order to gain insight in its effects on health and productivity, as well as the working mechanisms of the game.

Results and conclusion

The theoretical model is more concrete than existing models and contains employee-level operationalizations of all concepts. A translation of the model into formal language will reveal inconsistencies and ambiguities in theories that underlie the model, which will cause 'bugs' in the game. All relevant elements of the game are explored in an extensive mind map. All relations between these elements will be incorporated in the game.

Well-being at work and sense of coherence in art educational context

von Brandenburg C, School of Art Education, University of Art and Design Helsinki, Finland (Aalto University from 1.1.2010)

According to the current Finnish Government's programme in Health Promotion culture and art can provide one possibility to increase well-being in different aspects of life. The programme includes also the aspect of well-being at work. The new research results show that culture and artistic activities are promoting health in multiple ways.

Antonovsky states that resistance resources against stressors can be defined by the concept of the Sense of Coherence (SOC) and by its three components: comprehensibility, manageability and meaningfulness. The SOC is a valuable approach for health promotion as it promotes a positive subjective state of health. Correlations of salutogenic concept and SOC have been studied in the context of quality of life (QoL). Strong SOC shows strong general health behaviour. High levels of SOC indicate also stronger feeling of social integration.

Artistic process and art experiences can promote personal flexibility and coping with stress. In art educational context, artistic activities can enhance learning, tacit knowledge, and empowerment. Art experiences are connected to inner reflection of an individual.

The paper will present Antonovsky's salutogenic orientation enhancing well-being at work, especially in connection to art educational framework. The study is part of doctoral studies at the School of Art Education in University of Art and Design Helsinki (Aalto University from 1.1. 2010).