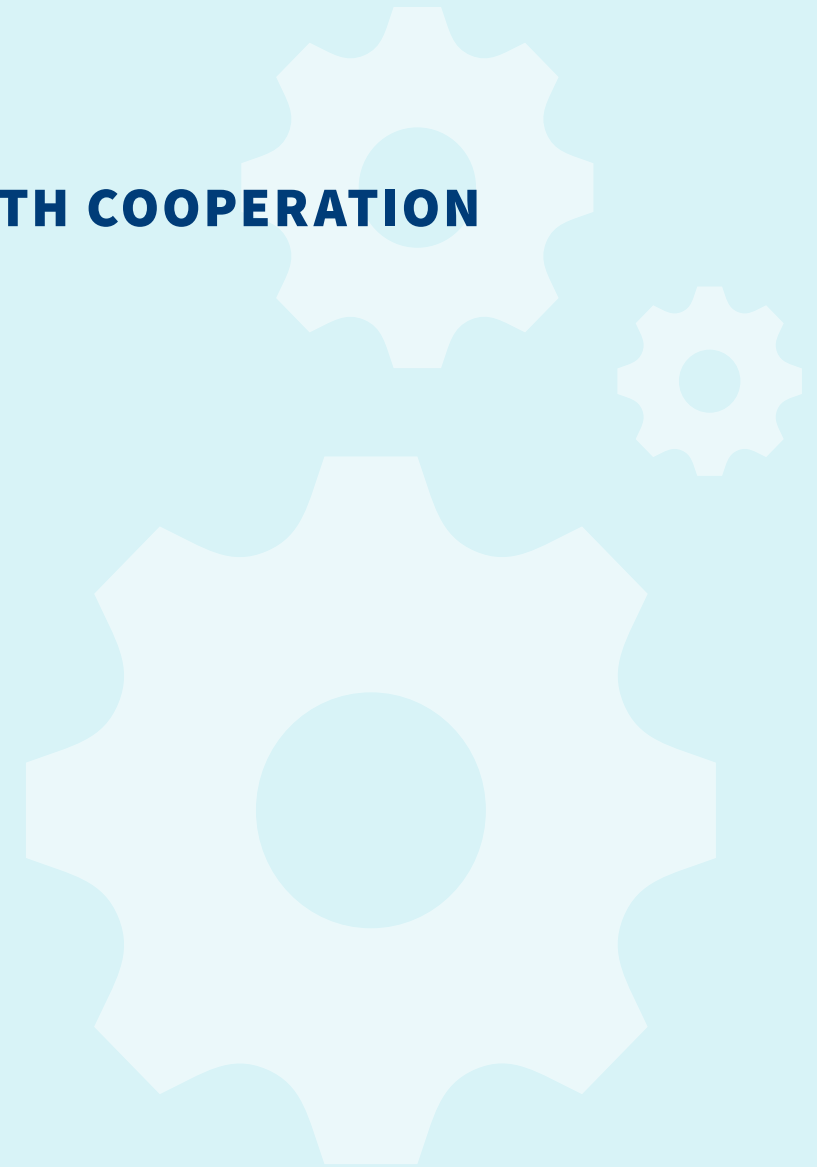


**PRECONDITIONS FOR OCCUPATIONAL HEALTH COOPERATION
THAT SUPPORTS MENTAL HEALTH**

Checklist



Check that the structures for occupational health cooperation are working

We have appointed the right representatives from occupational health care and the workplace for the occupational health cooperation (employer and employees/employee representatives).

What will be the outcome? Persons involved in identifying needs, planning, developing and assessing activities who are familiar with the situation at the workplace and who participate in workplace development efforts. Sufficient knowledge and competence have been ensured.

In order	Description of development targets:
Partly in order	
Not in order	

We have documented the roles of the parties involved in the occupational health cooperation.

What will be the outcome? Everyone knows their responsibilities and roles in the occupational health cooperation.

In order	Description of development targets:
Partly in order	
Not in order	

We have agreed on cooperation meetings and other contacts, and reserved time for keeping in touch.

What will be the outcome? Everyone knows what will be discussed and when the discussion takes place, how to prepare for it and, for example, where decisions are made. Enough time has been reserved for the discussion, which also enables deepening the cooperation.

In order	Description of development targets:
Partly in order	
Not in order	

We have agreed on the tools used in providing and recording information (including agendas).

What will be the outcome? Everyone knows which information is recorded and which communication channels are used. The information will be retained even if there are personnel changes.

In order	Description of development targets:
Partly in order	
Not in order	

Verify the approaches used in the occupational health cooperation

We communicate in clear, understandable language and make sure we have a mutual understanding.

What will be the outcome? Mutual understanding is strengthened, everyone is speaking the same language.

In order	Description of development targets:
Partly in order	
Not in order	

We discuss the issues that need to be developed at the workplace and the smooth running of occupational health cooperation openly and with respect. We also recognise successes. We listen to others, everyone gets to participate actively.

What will be the outcome? Confidence and psychological safety will grow, and the presented issues that need to be developed can be addressed in the occupational health cooperation.

In order	Description of development targets:
Partly in order	
Not in order	

We critically assess previously completed measures and actively seek new solutions.

What will be the outcome? The produced solutions are genuinely based on the needs of the workplace.

In order	Description of development targets:
Partly in order	
Not in order	

