



“Efficient, there was a positive change in health behaviour after only half a day.”

Dirk Niemann, Head of the Engineering & EHS division of the Sigma-Aldrich Group (Switzerland)

Half-day workshops are a total success.

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The Sigma-Aldrich Group (Switzerland) has over 500 employees and has a lot of tradition in matters concerning safety and the environment. There was only a need to catch up in the area of workplace health. A long-term health programme was to sustainably strengthen the employees' personal resources and individual responsibility. The main goal was to improve the health and performance during everyday working life and leisure time with preventative measures.

First of all we brought all of the activities relevant to health together under the especially created label “SEI FIT” (BE FIT), in so doing we gave workplace health promotion at Sigma-Aldrich a “face” and based on experience more acceptance.

Role models result in the goal being achieved more quickly

As the success of a health programme is significantly influenced by the behaviour of supervisors, we launched the first course at the highest management level. This dealt extensively with the issue of exercise and nutrition in everyday working life. The participants completed performance diagnostic and medical tests, defined their personal health goal and prepared their own training plan under guidance.

fit im job Health Days used as the kick-off for all employees

Subsequently the programme of half-day events in the form of workshops was rolled out across the company in three waves. After an information session with the explanation of the “magic triangle” private environment – professional environment – health factors, the employees could choose one of the fit im job modules ‘exercise, nutrition or relaxation management’. Here they experienced how their own well-being could be improved with simple changes in behaviour.

fit im job health portal guarantees sustainability

We provide the employees with further support via the internet with the ‘health portal fitimjob-online®’ which we have developed. The employees can therefore do everything by themselves from stress tests to figure control. They can set their own “health goals” and prepare the corresponding action plan. They can review their personal progress in the “test centre” with their individual database. They can keep a “health diary” with data represented graphically. They can look up valuable information on topics such as nutrition, exercise or relaxation in the “infotheque”. And finally time intervals for the successful ‘micropause®’ with ‘trinktimer®’ can be entered personally. With a health portal which can be set for their own personal needs, the sustainability of personal success can be guaranteed.



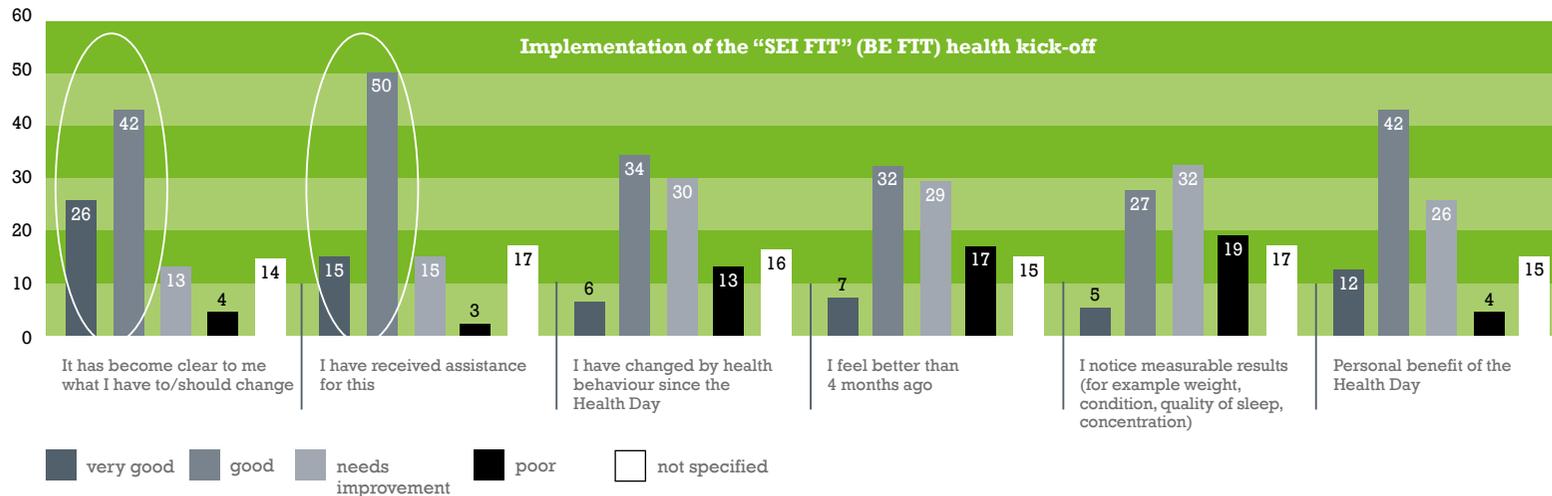
Pellegrino Tornetta, Seminar Leader, fit im job AG

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Half-day workshops – a total success

All of these measures explain the high success rates produced in the first “SEI FIT” (BE FIT) survey after four months and which were confirmed by a second survey after 18 months.



SIGMA-ALDRICH®

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Company

Sigma-Aldrich Group (Switzerland), previously Fluka Chemie AG, Swiss subsidiary of an international company based in St. Louis, MO, USA.

Number of participants

500 employees

Starting position

Minimise absenteeism rates with preventative measures in the area of workplace health promotion.

fit im job solution

- Creation of “SEI FIT” (BE FIT) label
- Management seminars
- Kick-offs
- Health portal – fitimjob-online®

Result

It was clear to almost 70% of participants after the workshops what they have to/should change.