



“Since the introduction of micropause® and trinktimer® we feel much less tired.”

Karlheinz Fux, Bank Management Chairman,
Raiffeisen Mischabel-Matterhorn

micropause® had an overall effect at Raiffeisen.

36

At Raiffeisen Mischabel-Matterhorn they were aware that working with monitors can be stressful and have an adverse effect on health. In particular in the document processing centre for payment transactions the mouse and keyboard of around 50 employees are in constant use, whereby the body remains on the whole static for hours. To promote health at the PC they therefore implemented the fit im job PC break programme micropause® with the PC reminder programme trinktimer®. With success.

Even with perfect hardware and software uninterrupted work with a monitor frequently results in complaints such as headaches or burning eyes. The law makers also know this and emphasise in a directive that the employer has to take measures which are necessary to maintain the protection of health, and in particular should regularly interrupt the daily work with monitor equipment with short breaks, in order to reduce the strain.

Short break by fit im job: the micropause®

Scientific studies prove that short, regular breaks counteract signs of fatigue and mistakes, and therefore improve the performance of employees. All the more so if the break is anything but an unproductive interruption to work, i.e. the fit im job module ‘PC break programme – micropause®’. With this the risk of muscular illnesses is considerably reduced and 13% less mistakes are made at the PC.

Many worthwhile improvements with little effort

micropauses® are short film and audio exercise instructions which appear on the screen at time intervals which can be set individually. All of the exercises can be done directly at the workstation and selected in accordance with the individual’s personal needs: exercises are available for areas of the body such as the head, shoulders, back, arms, hands, legs and feet; training is also available for the eyes, relaxation and coordination, and there is immediate help for headaches, stress or tiredness. By the end of a working day employees have invested between 5 and 10 minutes in their health, without leaving the PC. And at the same time they have also contributed towards the health of the company.



Start micropause[®] now

case **13**

RAIFFEISEN



fit im job micropause[®]
in the Raiffeisen corporate identity.

Energetic and sharp-witted thanks to the power of water: reminders by a trinktimer[®]

A further fit im job module which can be used on its own or in combination with 'micropause[®]', is the 'trinktimer[®]'. To be full of energy and vitality in the workplace and to remain sharp-witted 2 to 3 litres of water are required daily. Actually a simple measure to implement – if only people think of it.

Overall results at Raiffeisenbank

The statistical evaluation on usage which was carried out after one year with questions on the effects reveals 71% of all employees use 'micropause[®]' and 'trinktimer[®]' "sometimes" or "frequently".

Company
Raiffeisen Mischabel Matterhorn

Number of participants
50 employees

Starting position
Continuous working with monitors without a balance was resulting in complaints in particular in the document processing centre for payment transactions.

- fit im job solution**
- PC break programme – micropause[®]
 - PC reminder programme – trinktimer[®]

Result
According to the statements of employees the first positive effects could already be seen after only three months: in the neck and shoulder area and in relation to concentration, fitness and balance.

