

# Uloga inovativne tehnologije u procjeni fiziološkog statusa zaposlenika u cilju povećanja radne učinkovitosti, sigurnosti na radu i opće dobrobiti



TERME SELCE  
HEALTH CLINIC

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Ministarstvo rada, mirovinskog sustava, obitelji i socijalne politike  
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Kampanja za zdrava mjesta rada 2023.-2025.

# Siguran i zdrav rad u digitalno doba



MINISTARSTVO RADA, MIROVINSKOGA  
SUSTAVA, OBITELJI I SOCIJALNE POLITIKE

European Agency  
for Safety and Health  
at Work



Healthy Workplaces

Prim. VLASTA BROZIČEVIĆ

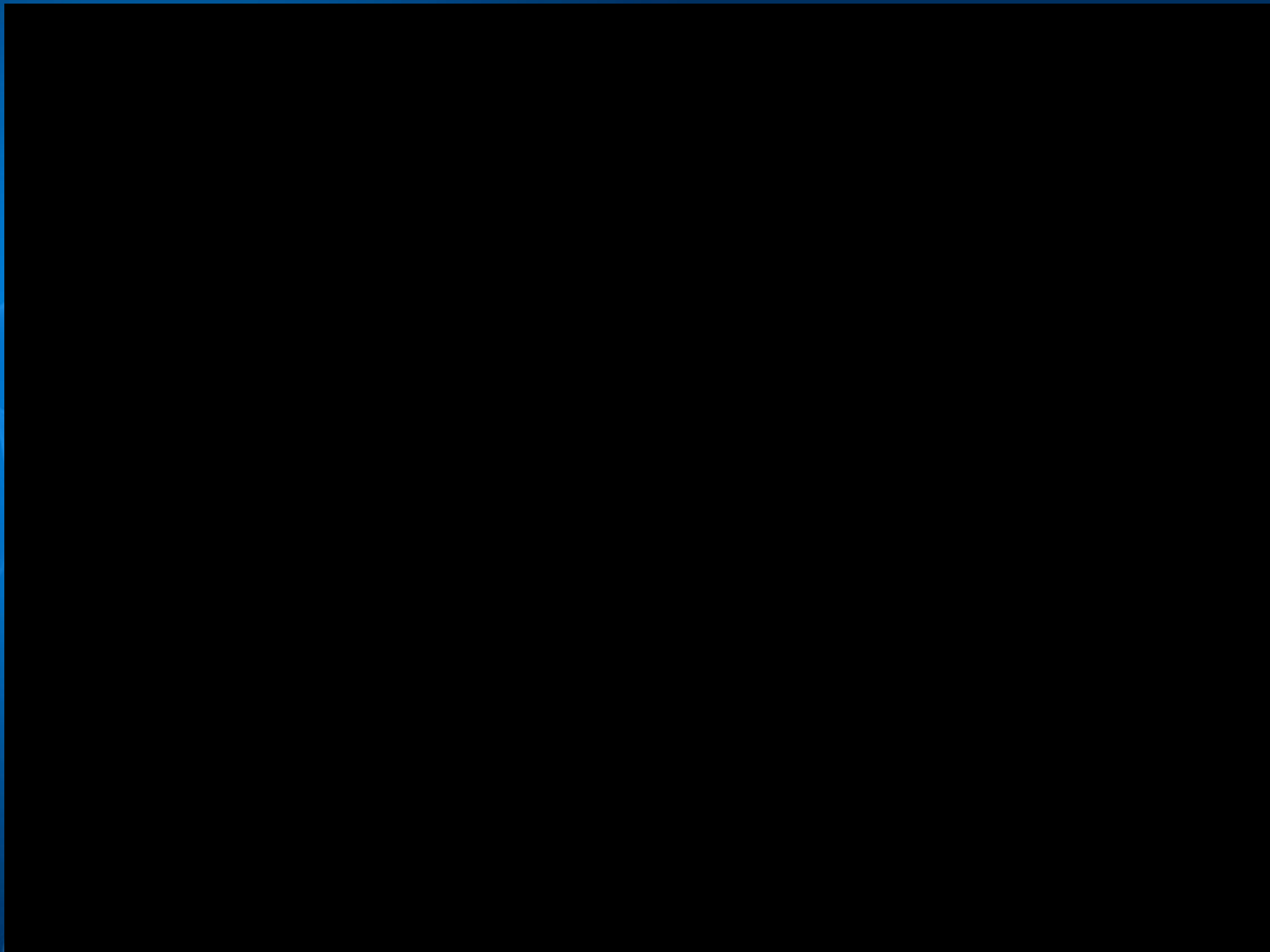
dr. med. spec.

fizikalne medicine i rehabilitacije, reumatologije



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Utjecaj stresa LMS-a  
na radnu učinkovitost





**OSHA**  
**\*LMS**

Musculoskeletal disorders (MSDs) are **one of the most common work-related ailments.** Throughout Europe they **affect millions of workers and cost employers billions of euros.**

A faint, light blue illustration of a human spine is visible in the background, running vertically down the left side of the slide.

# 5 kroničnih bolevsti/riziko faktori

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Visok krvni tlak

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Dijabetes

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Pušenje

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**Fizička neaktivnost**

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I pretilost





# OSHA \*LMS

Work-related MSDs affect the back, neck, shoulders and upper limbs as well as the lower limbs. They cover any damage or disorder of the joints or other tissues. Health problems range from minor aches and pains to more serious medical conditions requiring time off or medical treatment. **In more chronic cases, they can even lead to disability and the need to give up work.**

NEVOLJE NA  
„VRHU”



Višesatno sjedenje  
ispred monitora dovodi  
do tenzije u vratu

uzrokuje



Slabije funkcije mozga  
Umor očiju

stres

Kontrolori zračnog prometa





# LMS STRES ?

**66 %**  
**poteškoća**  
**ukočenost**

**Najčešći razlog bolovanja**

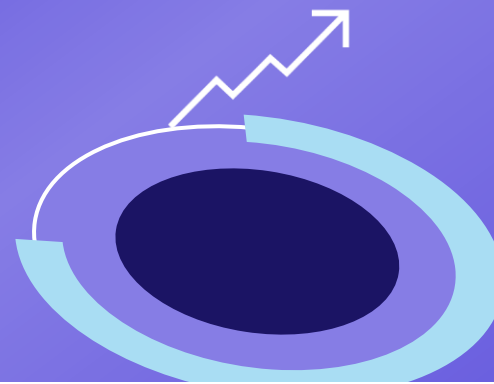




# OSHA \*LMS

In general, all psychosocial and organisational factors (especially when combined with physical risks) that may lead to stress, fatigue, anxiety or other reactions, which in turn raise the risk of MSDs.

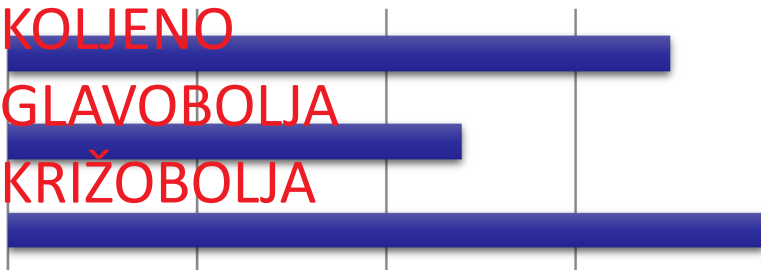
# OČEKUJE SE POVEĆANJE STRESA LMS-A



KOLJENO

GLAVOBOLJA

KRIŽOBOLJA



**VRATOBOLJA  
VRTOGLAVICA**

**OSTEOARTRITIS**


**SLABIJA  
KONCENTRACIJA**



Ljudski  
potencijali su  
glavna  
vrijednost  
svake tvrtke

Vrijeme je bitna  
stavka



A man in a blue suit and patterned tie is sitting and holding a piece of paper with illegible text. The background is dark and out of focus. The text is overlaid on the left side of the image.

TREBA  
SPRIJEČITI  
KRONIČNE  
BOLESTI  
LMS-a



**OSHA**  
**\*LMS**

European directives, EU occupational safety and health strategies, regulations of Member States and good practice guidelines **already recognise the importance of preventing MSDs.**

# KREIRANI SMO ZA KRETANJE





# SVAKI DJELATNIK JE CJELINA ZA SEBE



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**Više aktivnosti – veća  
dobrobit**

**Aerobne vježbe  
Vježbe fleksibilnosti  
Vježbe balansa  
Snaženje mišića**





# ***Dobrobiti od fizičke aktivnosti***

.....

**BOLJE MENTALNE  
FUNKCIJE  
MANJE DEPRESIJE  
POVEĆANJE SREĆE**

.....

**ZDRAVI RADNICI  
SU PRODUKTIVNI**

  
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**DULJI  
ŽIVOTNI  
VIJEK**

.....





# ZAKLJUČCI & PREPORUKE



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Tackling MSDs helps improve the lives of workers, but it also makes good business sense.



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# PREVENCIJA

DIJAGNOSTIKA

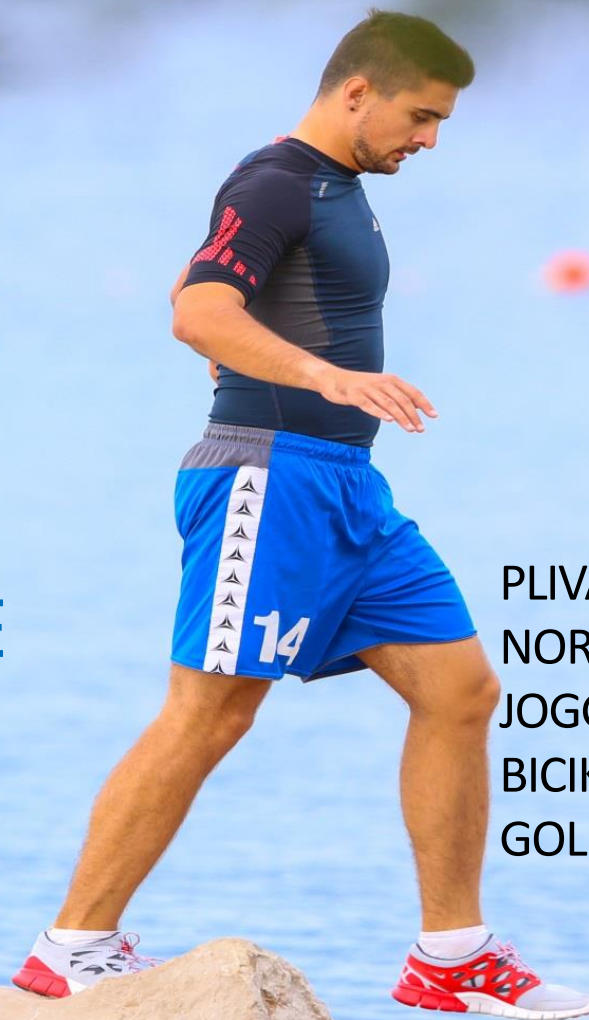
TESTIRANJA

Vježbanje

Snaženje mišićnog sustava

# REKONDICIONIRANJE

LMS-a



PLIVANJE  
NORDIJSKO HODANJE  
JOGGING  
BICIKLIRANJE  
GOLF



**OSHA**  
**\*LMS**

Employee participation:  
include workers and their representatives in discussions on possible problems and solutions.

# EDUKACIJA

# EDUKACIJA

# RE-EDUKACIJA

# FIZIOLOŠKO TESTIRANJE



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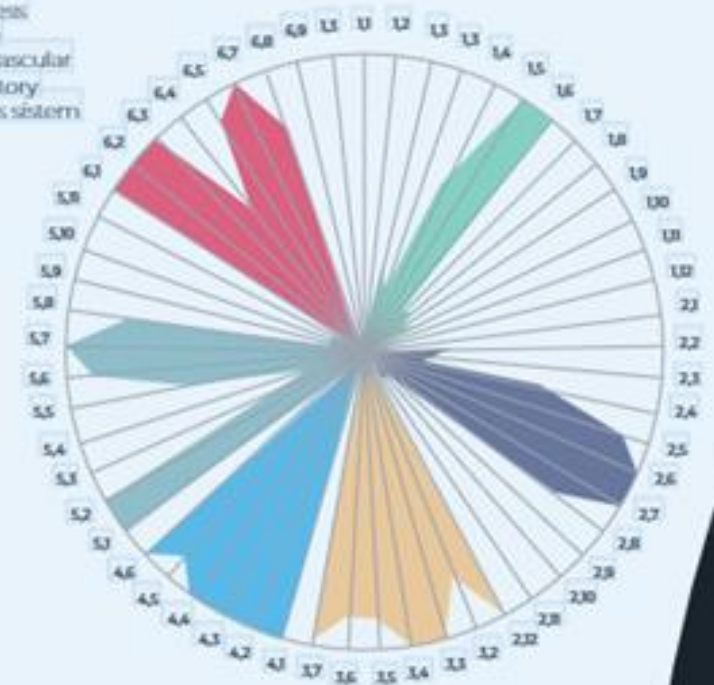
## 1856 RESULTS:

The scores range from 0 to 1, where 1 signifies the highest possible score and 0 signifies the lowest possible score.

OVERALL SCORE	ACTUAL RANK	ABSOLUTE RANK	SCORE CHANGE	RANK CHANGE
0,43	xx/xx	5%	0	0

- Readiness
- Fatigue
- Cardiovascular
- Respiratory
- Nervous sistem
- Stress

	FACTOR SCORE	SCORE CHANGE	ACTUAL RANK	ABSOLUTE RANK
Readiness	0,57	0	xx/xx	70%
Fatigue	0,43	0	xx/xx	51%
Health				
Cardiovascular	0,94	0	xx/xx	95%
Respiratory	0,98	0	xx/xx	98%
Nervous sistem	0,56	0	xx/xx	54%
Stress	0,73	0	xx/xx	67%



## 6 MINUTA – 6 PARAMETARA



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Organisational factors:  
develop an MSD policy to improve work organization and psychosocial environment in the workplace and promote musculoskeletal health.



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# MINDsetBODY Rekondicioniranje

## ANTI STRES LMS-a

Medicina i nove tehnologije  
idu ruku pod ruku

### KORISNOST

- *Manje umora*
- *Manje emocionalnog stresa*
- *Manje tjeskobe*
- *Manje panike*
- *Povećano samopouzdanje*
- *Bolji timski rad*
- *Povećani kapacitet*
- *Fizička i emocionalna ravnoteža*
- *Povećana izvedba*
- *Manje izostanaka s posla*
- *Motivacijska radionica: MindsetBody & ergonomija*
- *Motivacijska radionica: Prehrana*





**OSHA**  
**\*LMS**

Health monitoring, health promotion and rehabilitation and reintegration of workers already suffering from MSDs also need to be considered in the management approach to MSDs.

# Crikvenička rivijera 136 godina oaza za zdravlje i wellbeing

Crne točke LMS-a ovdje  
postaju dijamantne





Ljepota zdravog življenja  
[www.terme-selce.hr](http://www.terme-selce.hr)

**Možemo biti i Vaš partner za**

„Povezivanje dionika radi olakšavanja  
razmjene informacija, znanja i dobre prakse  
te promicanja suradnje radi provedbe sigurne  
i produktivne digitalne transformacije rada.”

OSHA