



POSA'T EN MARXA! ACTIVA'T A LA FEINA!

AUTHORS: Torres, Teresa¹; Castañé, Sandra¹; Dicenta, Carlota¹; Molist, Anna²; Sans, Eva²; Tebar, Elisabet¹.

(1) Servei de Protecció Civil i Salut. Secció de Salut. Ajuntament de Mataró. (2) Direcció Recursos Humans i Organització. Ajuntament de Mataró (salutpublica@ajmataro.cat)

ID: 193

Introduction

Activa't a la feina! is part of a Municipal program named “Posa't en marxa!”, aimed at City Hall workers, in order to:

- Promote physical activity as a prevention of health problems associated at work.
- Contribute to emotional well-being.
- Promote transversal work within the organization.

Methodology



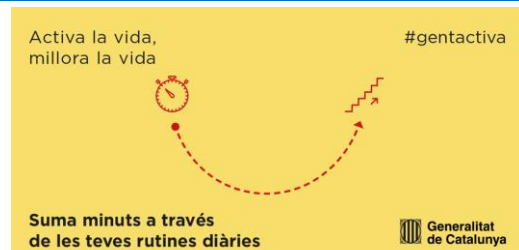
Short and simple muscle stretching exercises were proposed and guided by a professional from the City council Health Section, in the workplace and during working hours. Project was approved by Human Resources Department.

In 2019, we did face-to face sessions.

In March of 2020, the project was adapted to the lockdown for SARS-COV-2 pandemic:

- Face-to-face sessions were transformed into video capsules,
- Healthy habits' messages and information about world days related to health and ergonomics at work were designed,
- All messages were sent to employees using an internal communication channel named “Entrenosaltres”.
- Videos can also be seen on City Council's YouTube channel.

Results

IN 2019					IN 2020	
Service	N sessions	Female	Male	Total	N messages sent = 21	N videos sent = 16 / N views = 3.000
Juridical	1	3	2	5		
Health	9	13	2	15		
Costumer	1	5	0	5		
Housing	1	5	4	9		
Education	2	12	2	14		
Computer	1	2	3	5		
TOTAL	15	40	13	53		
					Linked to other programs	
						

Conclusions

Consolidate active breaks in working hours is considered necessary. Good reception of the project by the staff reinforces the need of its continuity. Implication of Human Resources Department and other municipal services will be essential.