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FRIEDRICH-SCHILLER-
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JENA

Healthy Campus

Uni Jena Health Week

HOME: Home Office Meets Ergonomics

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EC2U RI4C2 Living Labs Conference

26 September 2023



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EC2U Virtual Institute „Good Health and Well-Being“ – Healthy Campus



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Interventions: Examples for health-related & well-being offers at Uni Jena

Behavioral Measures, examples:

- **HEALTH Lectures:**
 - Lecture series to promote health literacy, sessions of 90 min input, interactive lecture parts & discussion
- **Mindfulness-based stress training (MBST)** taught by university staff
- **Anti-Perfectionism-Training**
 - Create clarity about own priorities, developing a positive culture of mistakes & setting boundaries
- **Res-Up!** Online counseling from University Witten/Herdecke to promote psychological resilience
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Organizational Measures, examples:

- **Student & Occupational Health Management (University Health Management)**
- **Health Week & Health Days**
- Student Council: **Health Representative**
- **Socio-psychological Counselling**
- Green Office , Diversity Office, Family Office, University Kindergarden etc.
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Community of Action Week 22 – 26 May 2023

3 event pillars in synergy:

- **EC2U Forum**
- **EC2U Healthy Campus Summer School**
- **Uni Jena Health Week**

→ variety of offers for students, staff and international guests, e.g. HOME: Home Office Meets Ergonomics Exposition



HOME: Home Office Meets Ergonomics

Goal: Provide opportunities for improvements of “home office” workplaces

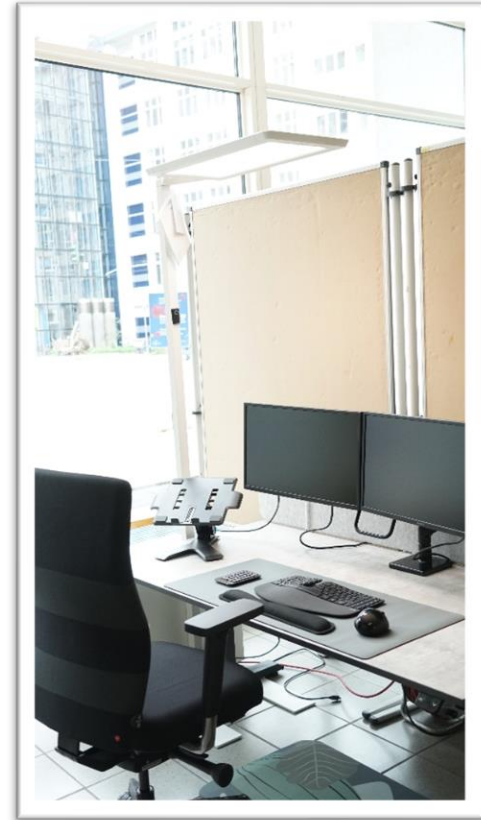
Guiding questions for visitors: “How do I make the best of my resources at home?” – Modification of PC workstation

Empirical: Legitimacy: concerning areas in work posture, screen time, ergonomics across nearly all faculties & departments

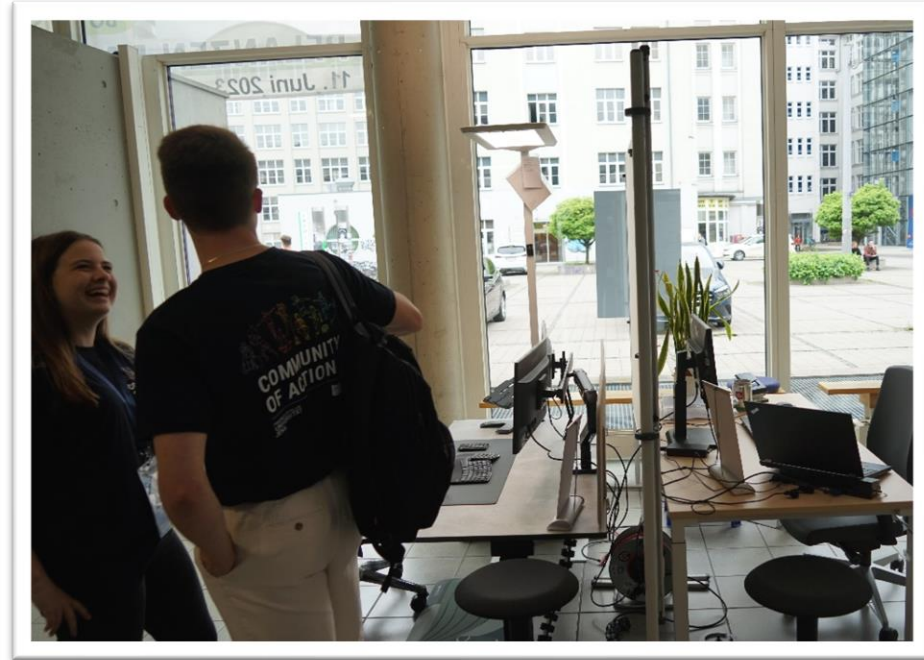
Structure: Set up foyer area according to ergonomic criteria; like an “interactive exposition tour”

showing 3 workstations, as thematic stations:

- (1) an "optimal" PC workstation
- (2) a “suboptimal” home workstation
- (3) a “bad” home workstation



HOME: Home Office Meets Ergonomics



HOME: Home Office Meets Ergonomics

- open door principle: visitors can come and go when they want -> thus unobtrusive and higher attendance
- contact persons for tips, talks and info material
- Walkolution, as advertising possibility, and “Standys” (equipment to work while standing), e.g used in the Uni Jena libraries
- Height adjustable tables, screens, computers etc.
- Posters about the optimal workplace on the walls: people can take photos of them as “keynotes” and take-away messages

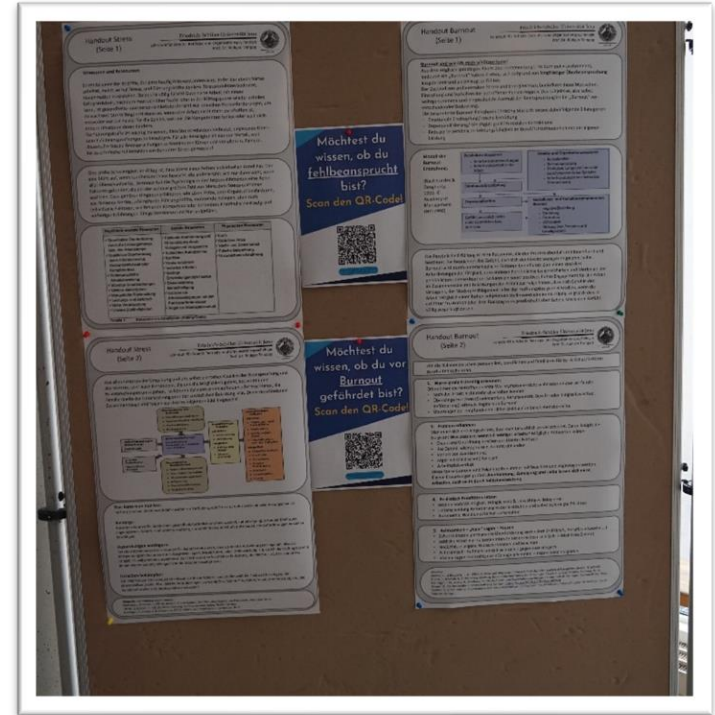


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HOME: Home Office Meets Ergonomics



Outlook - what is yet to come at the University of Jena

- Participation opportunities for all university members
- Measures and offers for health protection & health promotion – individual & general
- Evaluation of the offers and continuous adaption
- Questionnaire validation & optimization
- Follow-up measurements in 2024 (application of adapted questionnaires)
- Research: Theses & Dissertations
- Health Days and Health Weeks for all university members

- **Integration of EC2U Partner Universities**



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We invite you to join in!

Questions and comments are welcome



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Thank you! Please contact us for further questions and inquiries



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