

**Country: Romania**

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# **European Week 2002**

## **Activities Report**

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### **EW2002 Report**

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**Romania**

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# EW 2002 – WORKING ON STRESS

## ACTIVITY 1

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### **Title of the activity:**

Information and dissemination of information materials online and offline

### **Leader Organisation:**

Ministry of Labour and Social Solidarity- National Research Institute for Labour Protection

### **Main objectives:**

Better information about EW-2002 and the topics, sensitise people on stress at work, provide information resulted from the Romanian research studies, Romanian and international publications in this field, provide information materials for the campaign produced by the Agency e.g. Facts Sheet no.22, 23 and 24 , poster, postcard, leaflet, all translated into Romanian, provide information about events dedicated to EW, get people involved in the campaign.

### **Description of the activity:**

- Building up a special site dedicated to EW-2002 : <http://stres.protectiamuncii.ro>
- Preparing documents and publishing information on the site about the topics of the EW 2002 .
- Promoting the site and information about the Agency and EW-2002 by Romanian media network
- Dissemination , distribution of informative materials translated into Romanian e.g. Facts Sheets, poster, leaflet.
- Additional newsletters and Agency promotion materials have been sent.

### **Target groups:**

All-responsible persons and specialists for safety and health at work, operational health promoters , managers, workers and their representatives.

### **Evaluation / Main outputs of the activity:**

Better handling of stress as well as possibilities to reduce psychological constraints. Increasing the number of visitors on the site and the request for information materials

### **Partners:**

Members of the national network, newspapers, radio network

### **Contacts for further information:**

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# EW 2002 – WORKING ON STRESS

## ACTIVITY 2

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**Title of the activity:**

Creation of information materials- leaflet on occupational stress

**Leader Organisation:**

National Confederation of Free Trade Unions “Fratia”

**Main objectives:**

Better information of employers and employees, focusing the attention on stress and psycho-social risks

**Description of the activity:**

Creation of informative leaflet, entitled :”Occupational Stress”

Provisional index:

- Definitions
- Causes of stress
- Stress consequences
- Legislation
- Solutions to prevent and reduce work -related stress.

Dissemination took place during October 2002

The leaflet is available online at the URL: <http://stres.protectiamuncii.ro>

**Target groups:**

Employers and employees

**Evaluation / Main outputs of the activity:**

Better information about stress and preventive solutions .

**Partners:**

Members of the National Confederation of Free Trade Unions ”Fratia”

**Contacts for further information:**

Teodora Gheorgevici, National Confederation of Free Trade Unions “Fratia”,  
e-mail: [tdg@k.ro](mailto:tdg@k.ro)

# EW 2002 – WORKING ON STRESS

## ACTIVITY 3

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**Title of the activity:**

“Work Related Stress” - Workshop, Bucharest, 10.10 2002

**Leader Organisation:**

Public Health Institute, Occupational Health Society from Romania

**Main objectives:**

Information about stress at work issues, promotion of preventive activities, exchange of knowledge and good practice.

**Description of the activity:**

Expert lectures concentrated on different topics, exchange of experience in the field of identification of risk factors, risk assessment and prevention.

**Target groups:**

Doctors, OSH experts and institutions, representatives of employers and employees, psychologists and sociologists.

**Evaluation / Main outputs of the activity:**

Knowledge improvement for risk factors identification, WRS risk assessment and prevention, better information about periodical medical control to prevent the occupational diseases.

**Partners:**

Members of the national network.

**Contacts for further information:**

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# EW 2002 – WORKING ON STRESS

## ACTIVITY 4

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**Title of the activity:**

National Conference on Occupational Health , 17-18 October, 2002, Craiova

**Leader Organisations:**

Ministry of Health and Family, Occupational Health Society from Romania, University of Medicine and Pharmacy from Craiova, Public Health Department from Dolj

**Main objectives:**

Dissemination of the results of research studies in the field of neuro-psycho-sensorial constraints, stress at work, musculoskeletal disorders.

**Description of the activity:**

Expert lectures and poster presentations , concentrated on topics related stress, musculoskeletal disorders , news in the field of occupational medicine.

**Target groups:**

Occupational health physicians, responsible of the health and safety at work departments from companies, OSH institutions representatives, trade unions representatives, experts in the field of risk assessment, employers associations representatives.

**Evaluation / Main outputs of the activity:****Partners:**

Industrial companies, pharmaceutical companies

**Contacts for further information:**

Prof. Ion Toma MD, Ph D, University of Medicine and Pharmacy from Craiova, President of the Occupational Medicine Specialists Commission from the Romanian Physicians College, member of the European Association of Occupational Medicine Schools, e-mail: [dspdolj@alpha.comp-craiova.ro](mailto:dspdolj@alpha.comp-craiova.ro)

# EW 2002 – WORKING ON STRESS

## ACTIVITY 5

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### **Title of the activity:**

The Romanian Balneal Tourism and the European Union's "Working on Stress" campaign – Round Table, 26.10.2002 , Bucharest

### **Leader Organisation:**

Ministry of Tourism and The Romanian Organization of Spas

### **Main objectives:**

Better knowledge on stress causes and consequences, medical preventive measures. Lunch of the programme entitled "One Week for Recovery" in the framework of the EW-2002

### **Description of the activity:**

Presentation of the objectives and topics of EW-2002. Presentation of the European Agency for Safety and Health at Work. Health effects of stress and reducing measures. Presentation of the balneal tourism programme "One Week for Recovery". Dissemination of information by media network.

### **Target groups:**

Doctors, H&S experts, trade union representatives, employers' association representatives, managers.

### **Evaluation / Main outputs of the activity:**

Integrated programme meant to prevent the effects of stress at work, recovery of the health condition by means of balneology.

### **Partners:**

Public Health Institute, National Research Institute for Labour Protection

### **Contacts for further information:**

Ioan Mugur Topolnitchi- President of The Romanian Organization of Spas  
e-mail: [optbr@fx.ro](mailto:optbr@fx.ro)  
URL: <http://www.spas.ro/engleza/>

# EW 2002 – WORKING ON STRESS

## ACTIVITY 6

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**Title of the activity:**

“Work Related Stress” - two Conferences held in Bucharest and Ramnicu Valcea

**Leader Organisation:**

Public Health Institute, Occupational Health Society from Romania

**Main objectives:**

Training of doctors and OSH specialists

**Description of the activity:**

A presentation of comprehensive approach and practical solutions in the prevention of WRS. It consists of one module of five days . Major topics:

- Methodological and conceptual issues
- Theories of work – related stress
- Stress classification
- Methods and techniques for intervention in the case of work – related stress
- Methods and techniques for the assessment of neuropsychological strain
- Stress – related psychopathology and psychosomatics
- Current state of research in the field
- A physiological approach for the assessment of body reactivity related to stress: type and assessment of occupational stressors; cardiovascular indicators for stress; endocrine indicators; behavioral indicators.
- Stress – related diseases
- Fatigue from a stress theory perspective
- Revealing the occupational risks and stress related to this process
- Occupational stress factors: work organization; work environment; work tasks.
- Types of work – related stress – examples

**Target groups:**

Company doctors, OSH specialists

**Evaluation / Main outputs of the activity:**

Improving the abilities for analysis, assessment and intervention in the WRS cases .

**Partners:****Contacts for further information:**

Adriana Todea MD, PhD, Public Health Institute ,  
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