

Occupational Health and Safety in the Office

Occupational safety does not stop at the office door. From ergonomic workplace design to fire protection and effective emergency measures – our training provides a compact and easy-to-understand overview of everything that matters for a healthy and safe office environment.



Quick Facts



Focus: Occupational safety and health in everyday office life



Duration: 25 Minutes (based on average completion time)



Target group: All employees working in an office



Flexible: Available via your internal LMS or our online platform



Certificate: Legally valid certificate of participation included

Key learning content for your employees

- **Recognising hazards:** Identify and prevent typical risks such as trip hazards, ergonomic strain, or mental overload
- **Handling emergencies:** Act safely and administer first aid in the event of accidents
- **Safe commuting:** Assess risks and avoid accidents on the way to work
- **Staying healthy:** Create an ergonomic workspace, reduce stress, and effectively prevent illness
- **Fire safety:** Avoid common causes of fire and respond correctly in an emergency



Effective learning through modern methods

- **Storytelling:** Realistic scenarios highlight risks and demonstrate practical solutions
- **Playful learning:** Interactive elements encourage active engagement
- **Practical examples:** Clear case studies make occupational safety tangible and transferable to the own workplace
- **Final quiz:** A question game reinforces and consolidates key content for lasting learning success

Expert knowledge for your employees



Hazards in the office are often overlooked and underestimated. That makes it all the more important to pay attention to safety, consciously shape it, and anchor it correctly in law. This not only creates legal certainty, but above all fosters a culture that puts employees' health and safety at the centre. A real asset for employee retention!

Bernhard Lehner – Lawyer, Specialist Lawyer for Labour Law



**Ensure greater safety in everyday office life.
Test it now with no obligation!**

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