



Universiteit Twente
de ondernemende universiteit

Occupational Health, Safety & Environmental Care at the UT (Dutch: Arbo & Milieu)

Occupational Health and Safety:

Anything in the field of health, well-being
and safety related to your job.

Environmental Care:

Anything we do to protect the environment



Arbo en milieu

Health

RSI

Fume cupboards

Working conditions

Waste water sampling

Electricity

Laboratory set-up

Safety

Well-being

Working place

Emergency assistance

Disposal

Personal protection

Fire extinguishing

Emission

Dangerous chemicals



'Working Conditions Act'

(Dutch: Arbowet)

- Minimize job-related risks for all employees
- Optimum working conditions at the cost of money, time and attention (reasonableness-concept)
- Employer and employee are both responsible and have to cooperate
- Active contribution of both

- Employer: inventory and evaluations of risks, responsible for safety provisions and measures, adequate policy, adequate information and instruction
- Employee: cooperation, participation, use of safety provisions and measures, reporting dangerous situations and accidents

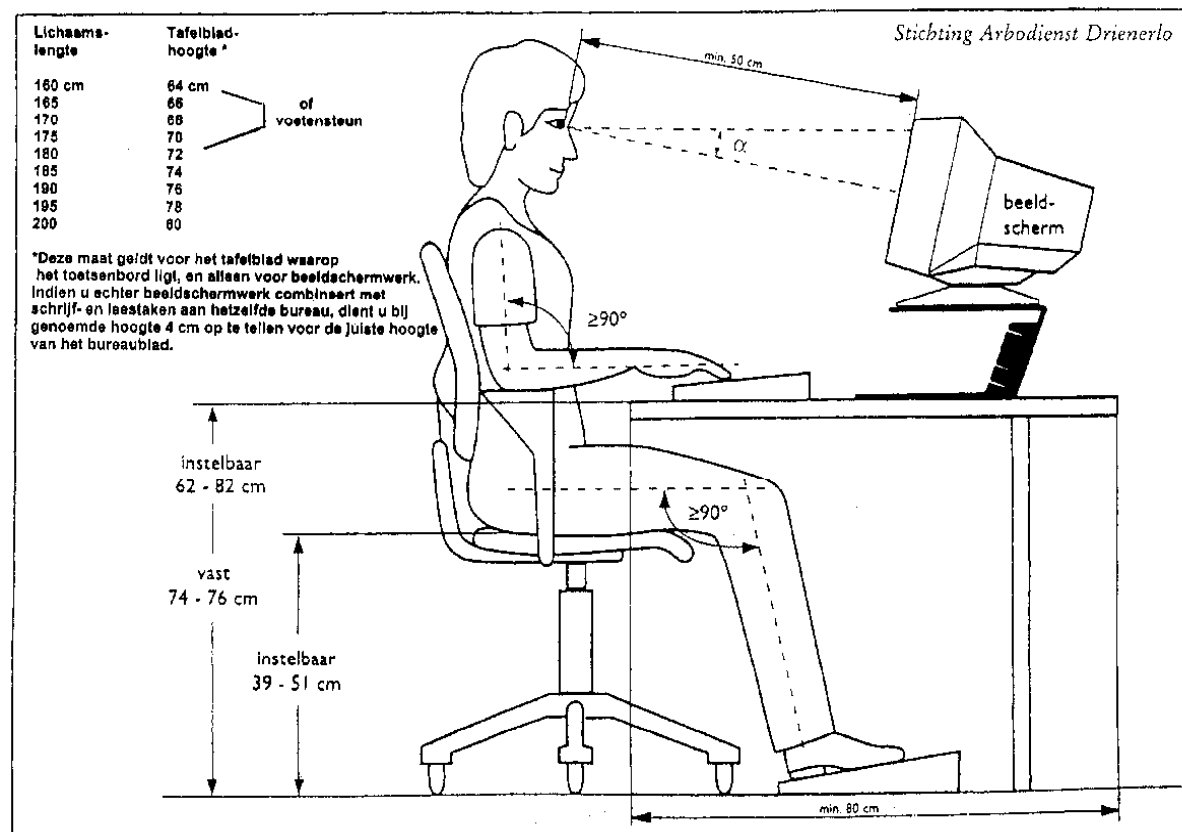


RSI

- People who work with computers are an important high-risk group
- Working Conditions Act: Guidelines for setting up a computer workplace and workload (working hours)



Screen workplace





Set-up working place and probable injuries





Laptop and RSI

Use laptop only in combination with:

- Laptop holder;
- Separated keyboard;
- Separated mouse.





Sit directly in front of the screen





Where can you go for more information and questions about arbo en milieu

More information:

- http://www.utwente.nl/pao/en/info_voor/medewerkers/working_conditions/

Questions:

- Local health and safety officer of your faculty (Dutch: AMC-coordinator):
- http://www.utwente.nl/pao/info_voor/medewerkers/arbo/algemeen/arbo_milieu_wie_wat/AMC-overzicht/