



Health information

Being in motion at the workplace is good for body and soul. Germans in office jobs spend an average of eleven hours a day, sitting at a static workplace. To make matters worse, long journeys to work and even recreational activities are more and more shaped by a minimum of movement and sitting in front of the tv or computer screen.

The health risks include: chronic diseases of the heart, a high risk of type II- diabetes, obesity, musculoskeletal disorders and even psychological defects like depression or listlessness. **Dynamic workstations** interlink desk and computer work e.g. with simple cycling movements. These have a positive impact on the health. Furthermore the general mood and readiness for work is noticeably improved after frequent usage and even the build-up of stress can be prevented. At least 150 min of moderate activity per week are recommended for health promotion.



Employees with slipped discs need to keep moving e.g. by the use of an additional standing workstation. In case there is no available space, the purchase of a height adjustable desk should be considered. **Standing while talking on the phone** can also bring a bit of relief.

Practical information

A key person has an accident. Doctors fight for his life. Prognoses are bad. The family needs encouragement. Troubling times are ahead. How can we continue financially? Can we hold the position? This situation is the exact one we as the USB team experienced. Two years later, unexpected improvements have occurred. Many prayed continuously. After numerous operations, followed by rehabilitations and then again operations. The insurance company funded modifications to the house. Last year participation of the conference for local employees was possible. The main employer checked on him, superiors and colleagues visited and there have already been several talks about the creation of a proper re-entry. According to paragraph 167 Social Security Code, if an employee is unable to work for longer than 6 weeks within a year (due to an accident or burnout) a **concept of reintegration** is necessary.

News



The [USB Info 1/18 maternity protection](#) presents the new obligations of the amended law of legal protection of working mothers which came into effect on the 1.1.2018. Workplaces have to be verified by the 1.1.2019, to do justice to maternity leave. It is obligatory to offer consultations to the mother-to-be, to check if there is an accountable risk due to changes of the conditions of employment eg. labour time (which can be prevented), and if workplaces are family friendly.

Further Training

On Saturday the 27th October a **seminar on work safety** is being held in 64390 Erzhausen. We mainly invite company technicians and safety representatives of churches and social facilities. More information in our life ticker a... www.usb-net.de.



*„Not an apocalyptic mood, but birth mood:
God uses your hope and love, as bricks to build his new world.“*

Albrecht Gralle

Author and longterm missionary in Sierra Leone,