

# National experience in managing and teaching workability in Hungary

Sára Felszeghi  
Hungary  
2016

## Introduction

Hungary  
2014/2015


- 1 758 000 students
- from elementary level to university
- future employees

175 192 teachers



## Workability

- Workability is depending on the workload
- It is possible to follow-up with WAI
- It is an instrument for occupational health and research to assess workability during health examinations and workplace surveys
- It is a questionnaire for employees to determine the worker's health status and resources.

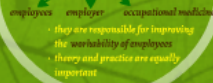


## Education

West - Hungary University

- 2004 I introduced the speciality of workplace health promotion in graduate and post-graduate education
- this was the first such speciality in Hungary
- all students get their diploma as specialist in workplace health promotion
- they cooperate with the occupational health physicians in workplace health promotion programs

The key for successful managing and teaching workability is cooperation of Education and of the Working World



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```

Thank you for your kind attention!



## National Public Health Program

Both education and medicine play an important role in managing and teaching workability



## National Public Health Program

In 2010 I got the duty from our minister to develop the complex National Public Health Program. This program is including the managing and teaching workability in all levels of education.



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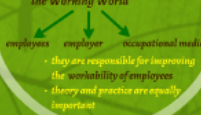


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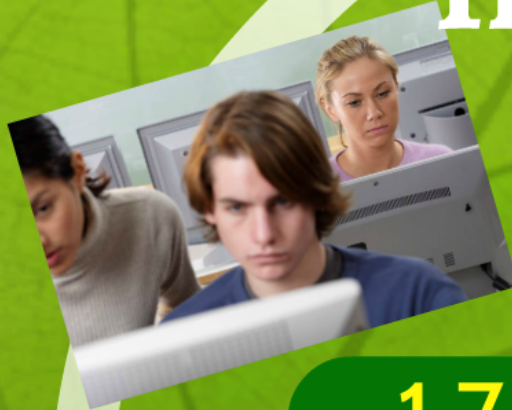
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# Introduction

## Hungary 2014/2015



Employees  
4 200 000  
↓  
6 000 000  
- targetted people!

**1 758 000 students**

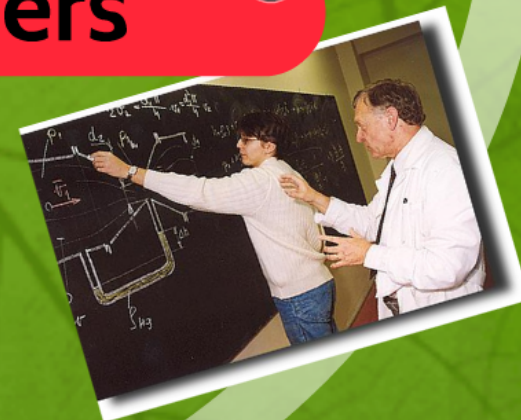
- from elementary level to university
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What is the situation in managing and teaching workability in different levels of education in Hungary?



The legislation and guidelines support the occupational medicine specialist in managing and teaching workability



# Employees

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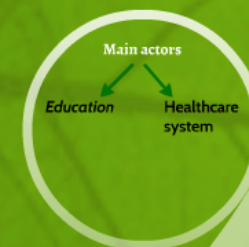
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**Main actors**

```
graph TD; A[Main actors] --> B[Education]; A --> C[Healthcare system];
```

The diagram features a large white circle on a green background with a leaf-like vein pattern. Inside the circle, the text 'Main actors' is at the top. Two green arrows point downwards from this text to the words 'Education' and 'Healthcare system' on either side.

***Education***

**Healthcare  
system**

# National Public Health Program

- Both **education** and **medicine** play an important role in managing and teaching workability

## 3 areas

### a. physical education

- active life for all
- 1 hour/day in all schools
- sport activity nationally supported
- physical activity programs introduced in workplaces



### Education

- Teaching health promotion at all levels of education (schools, university, adult education)
- Medical Universities (Budapest, Debrecen, Pécs, Szeged) and the Faculties of Health Care
  - Occupational Medicine
  - Public Health
  - Health promotion
  - Workplace Health Promotion
  - Ergonomy

### b. healthy alimentation

- the quality and quantity of public alimentation is reglemented by law
- in primary schools the children get 3 times healthy food/day for free.

#### workplace

- Access to healthy meal
  - in the cafeteria or restaurant
  - buffet
  - food and drink vending machines
- The occupational health specialist controls these regularly.



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***The Occupational  
Healthcare Services have  
the possibility to use***

***A. Risk analysis***

***B. Examination for work ability***

***C. Workplace Health Promotion***

***D. Rehabilitation (re-education)***

- in managing and teaching  
workability***

- *The key for successful managing and teaching workability is*
- *cooperation of Education and of the Working World*



- *they are responsible for improving the workability of employees*
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Thank you for your kind attention!



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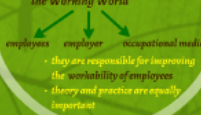


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