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**SIEMENS**

PREVENTION AT THE WORKPLACE

## **G.A.P. – Healthy & Fit at Work**

[intranet.siemens.com/health-promotion](https://intranet.siemens.com/health-promotion)

You would like to book a **G.A.P.-Healthy & Fit at Work Program** for your department or have further questions, we are happy to help you:

### **Email**

[hp.mch.ehs@siemens.com](mailto:hp.mch.ehs@siemens.com)

### **Further information**

[intranet.siemens.com/health-promotion](https://intranet.siemens.com/health-promotion)



# G.A.P. – What's that?

The “Healthy & Fit at Work” program aims to enable your employees to work in a way that promotes their health in an individually adapted way.



## Course and contents

Concept based on PDCA-cycle (Plan Do Check Act)

### Prior to the program

- Consulting and information
- Video analysis of the individual workstations
- Job characteristics analysis
- Functional movement analysis (FMS-Test)

### During the program

- On-the-job training in theory and practice
- Balancing training
- Implementation into everyday life
- Re-Check of the functional movement analysis
- Evaluation
- Closing event



# Prevention at the workplace

## Afterwards (optional)

- Health Guide training
- Sustainability concept

## Key facts

- Target group: All Siemens AG employees and associated companies
- Location: at the workplace
- Duration: individually
- Participants: one department (up to maximum 20 people)
- Costs: depending on the number of modules and duration
- Paid by: departmental cost center
- Booking by the manager

