



# Healthy Workplaces for All Ages

Promoting a sustainable working life





## SERVICE FACILITY for the Czech Ministry of the Interior

**Provides a wide spectra of services for the department of the Ministry of the Interior ...**



## OPTIMA project

**Health, physical and mental conditioning ...**

**... provided for the work of public safety organisations and its members**

# OPTIMA project - promotional video

Presentation video will be uploaded on the spot prior to the presentation.

Youtube link to preview:

<https://youtu.be/F2CylxF9uhA>

# OPTIMA project - Contribution



**We create and conduct an original motivational and training program for Police officers and Firefighters to:**

- support safety and health at work
- decrease the risk of injury and health problems
- increase the effectiveness and productivity at work
- increase the quality of life

# OPTIMA project - Coverage



**We provide** the education and training in:

- ability to relax and manage stress more effectively
- healthy and effective body movement and physical exercise
- better health, healthier back and joints, prevention of injuries and health problems
- physical and mental condition, performance and endurance in real-life situations
- sleep and nutrition
- correction of improper exertion and sedentary life style

# OPTIMA project - Results

- conducted more than 200 educational and training programs for more than 2000 members of the public safety organisations
- created the training methodology which improves preparation of the public safety organisations and its members
- increased the interest in the rehabilitation programs from 1848 participants in 2014 to 9041 participants in 2017
- training participants' feedback with average evaluation mark 85 %

# OPTIMA project - Perspective

- to train another 350 instructors, who should spread the Optima program to all the 70 000 workers in the field of the Ministry of the Interior
- build the Optima training center in Vestec – Prague
- Optima as a bottom line of our new project „Healthy Workplace“ that supports health and physical and mental shape of office workers of the Ministry of the Interior
- cooperation with the Slovenian police



**Thank you for your attention ...**

**Contact:**

**optima@zsmv.cz**

**www.zsmv.cz/optima**

