

ILO's Solve-Program: Tools for action on health promotion and well-being at work

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Global OSH strategy: Promote the health and well-being of all workers in all occupations

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Occupational Health Practice:

- ⇒ Prevention of occupational and other work-related diseases and occupational injuries.
- ⇒ Improvement of working conditions and the working environment.
- ⇒ Incorporation of psychosocial risks into risk assessment measures.
- ⇒ Enhancement work-life balance.
- ⇒ Incorporation of health promotion measures.

- Convention 155 & Rec.164: OSH policy
- Convention 161 & Rec.171: Occupational Health Services

ILO/WHO Joint Committee on Occupational Health:

“Occupational health should aim at the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations [...]”.

An effective workplace health promotion programme

☑ Contributes to:

- ⇒ a safe and healthy working environment
- ⇒ the quality of working life
- ⇒ optimal physical and mental health at work
- ⇒ enabling workers to cope more effectively with psychosocial risks
- ⇒ assists workers in becoming proactive and skilled in managing chronic conditions, improving their health & lifestyles

☑ Complements OSH measures:

- ⇒ is integrated into the OSH management system of the organization
- ⇒ takes into account the family, community & social contexts
- ⇒ implements:
 - individual measures
 - collective measures

Organizational (work organization and labour relations) & individual factors + their interactions when evaluating workers' health requirements

Health promotion measures as an integral part of OSH policies and practice in the workplace

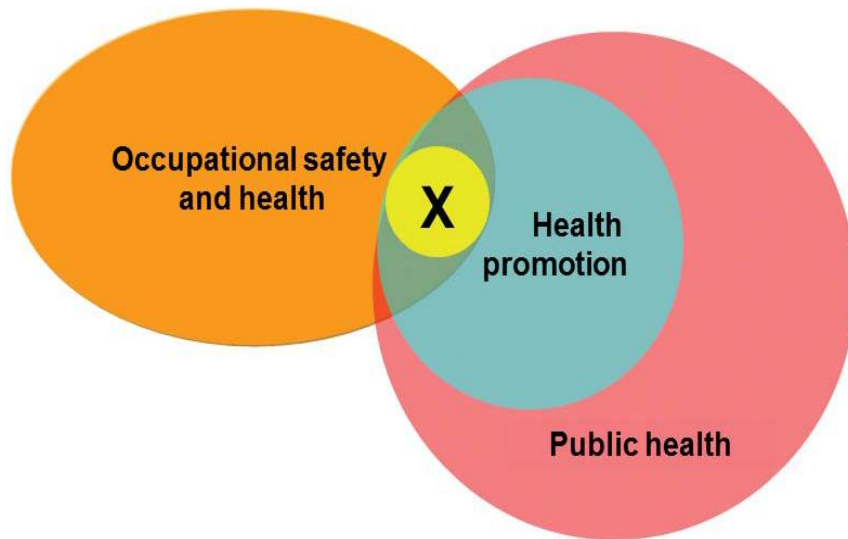
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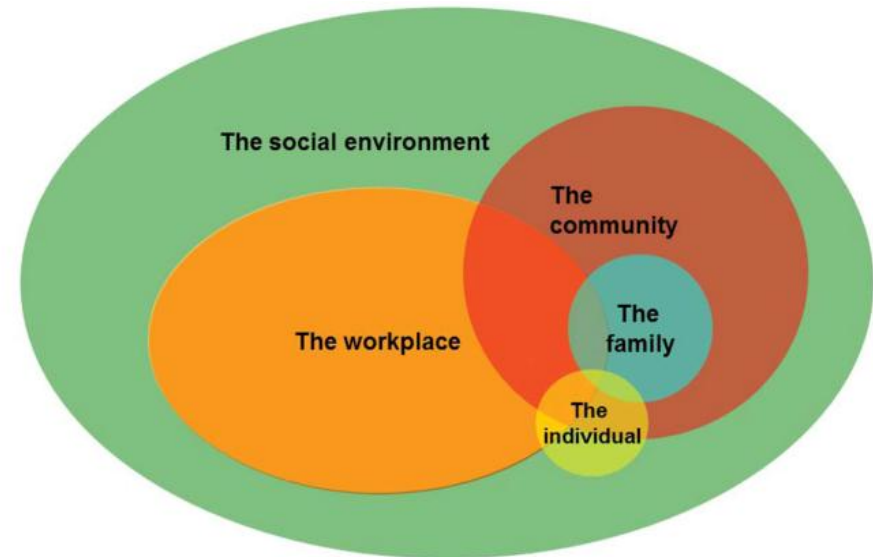
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Emphasis on prevention & awareness
raising



Reciprocal causation: human behaviour
vs health outcomes

The ecological model



The SOLVE Approach

THE SOLVE APPROACH

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Focus on the promotion of health and well-being at work
addressing the following areas and their interactions.

⇒ Psycho-social risks/mental health:

- ✓ stress
- ✓ psychological and physical violence
- ✓ economic stressors

⇒ Potential addictions:

- ✓ tobacco consumption
- ✓ alcohol and drug consumption and abuse

⇒ Lifestyle habits:

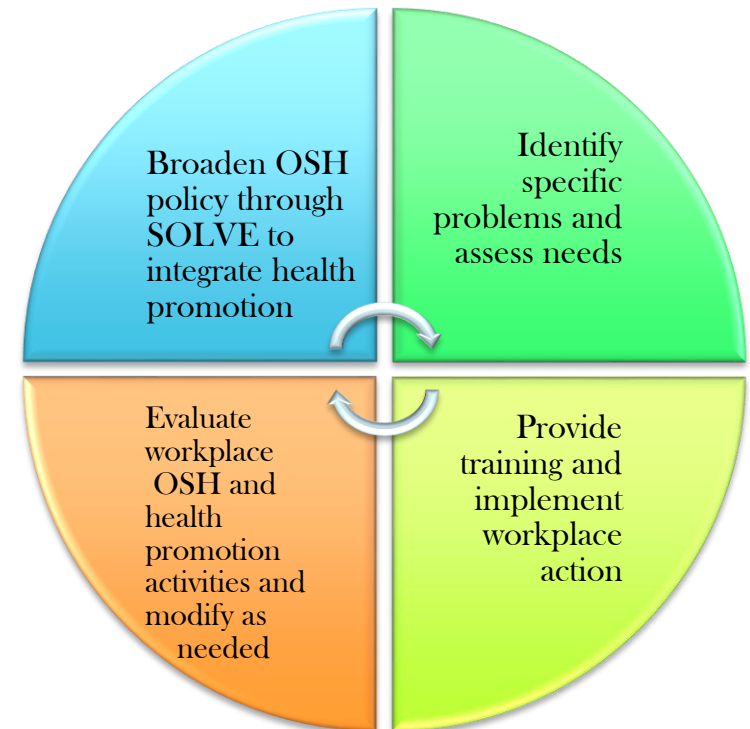
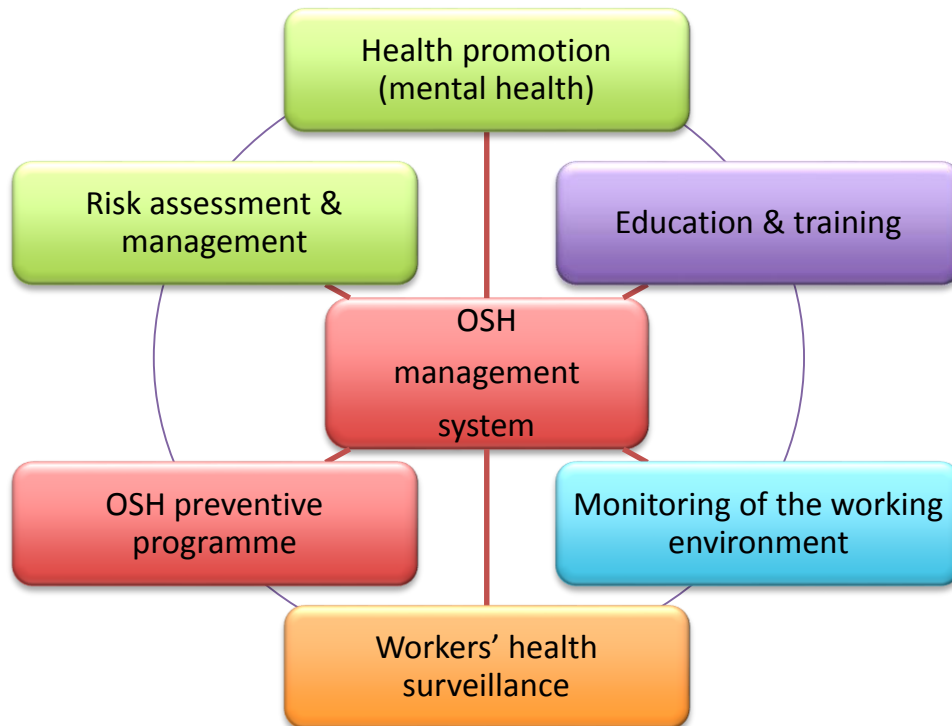
- ✓ nutrition
- ✓ exercise or physical activity
- ✓ healthy sleep
- ✓ HIV and AIDS



**Takes into account the
gender dimension**



SOLVE Method for workplace action



Building national capacity for SOLVE application

⇒ ITCILO training programme since 2012

⇒ E-Learning (blended course) as from 2016

Train of trainers programme



Integration of health promotion into an occupational safety and health policy and action

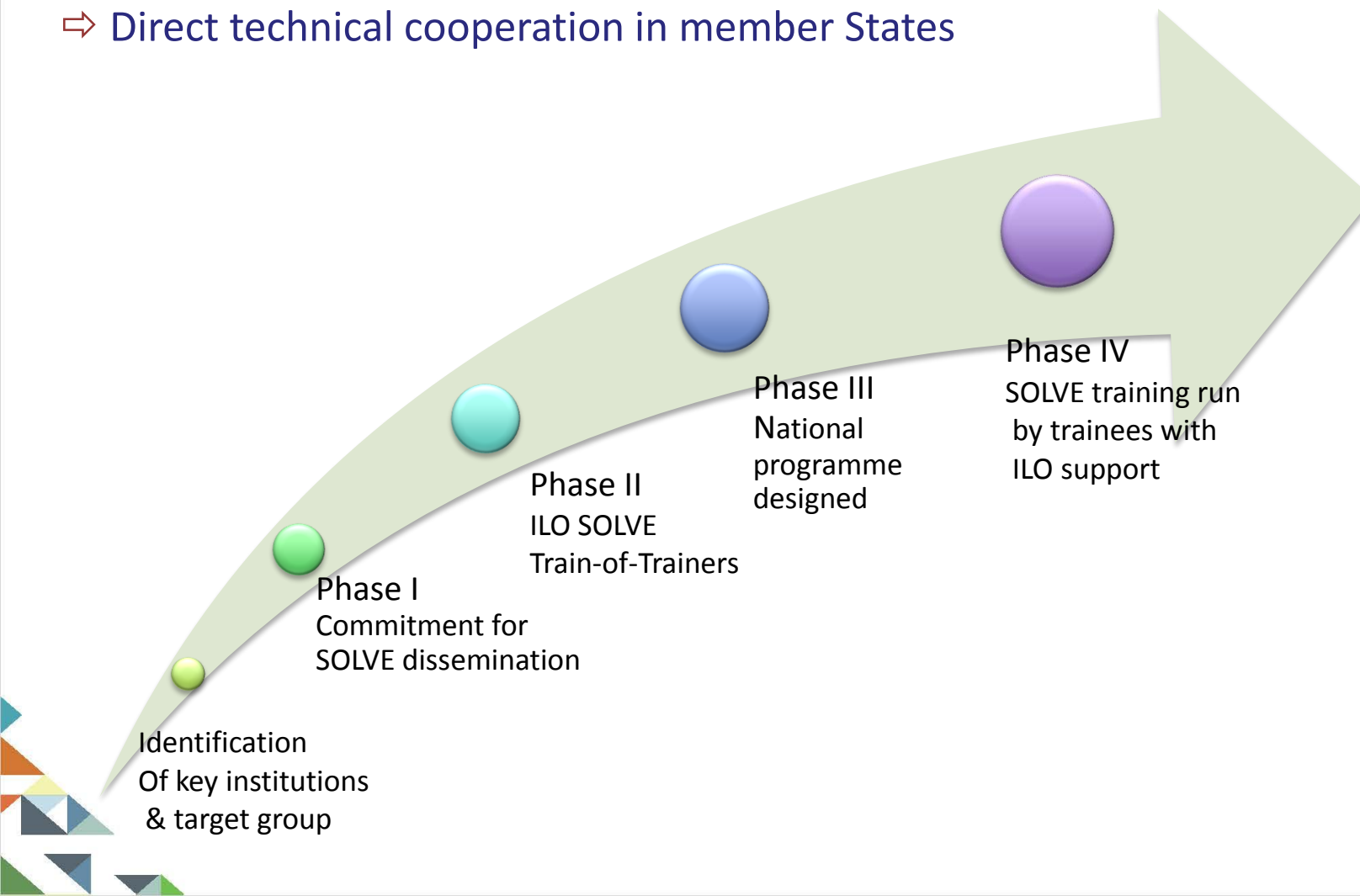


COUNTRIES INVOLVED

Argentina	Cameroon	Iran
Brazil	Mauritius	Saudi Arabia
Chile	Nigeria	
Colombia	Malawi	Australia
Honduras	Gabon	Fiji
Jamaica	R.D. Congo	Indonesia
México	Rep. Congo	Malaysia
Panamá	Senegal	Nepal
Paraguay	South Africa	
Perú	Togo	France
Surinam		Italy
Venezuela		Switzerland
Burkina Faso		

Building national capacity for SOLVE application

⇒ Direct technical cooperation in member States



SOLVE Training Programme

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