



Survey: Working conditions and health at the HU

The Hochschulische Gesundheitsmanagement (HGM) would like to learn more about how employees are doing in their daily work and is conducting a survey on working conditions and health. The aim is to determine the resources and stresses of university employees in order to design a health-promoting offer based on the survey results according to the needs of the employees at HU.

Completion of the questionnaire during working hours is expressly permitted by the Executive Board and takes approximately 20 to 30 minutes. Participation is voluntary and anonymous.

The survey runs from now until 24 July.

[Take the survey now](#)

[Frequently asked questions and answers about the survey](#)

Further current offers of the HGM

Accompanying the survey, the HGM would like to support you with various free on-line seminars and forums to help you maintain your inner balance even in challenging times and to stay mentally and physically fit through everyday working life.

- 22 June, 3 to 4 pm
Is it possible without tension and pain? Ergonomics in the home office
- 27 June, 2 to 3 p.m.
Blue Zones. On the track of health?
- 28 June, 10 a.m. to 1.30 p.m.
Science-Career-Family: Actively confronting the multiple demands carousel!
- 6 July, 3:30 to 4:30 p.m.
Healthy sleep - restorative sleep rituals
- 7 July, 10 to 11 a.m.
Meal Prep. Healthy eating - fast & practical
- 21 July, 2 to 3 pm
Brain Fitness & Fascia Mobilisation

To the event offer



[Click here](#) to unsubscribe.

Graphic: HU

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