



## Holistic solutions to enhance the wellbeing and quality of life in the Steel Industry

The OptimaSteel aspires to identify, assess, demonstrate and disseminate towards the steel industry, state of the art technologies and methods to improve the quality of life of older adults in their working environment, thus addressing issues of non ergonomically designed working places and other factors that can hamper workers especially in the age of 50+, which are becoming more predominant in the steel industry.



### Scanning of STATE-OF-THE-ART SOLUTION

Investigate the associations between workers' physical health and the use of SOC strategies in the context of a variety of organizational factors, to be identified in close collaboration with the end-user



### Screening of IDENTIFIED SOLUTION

Assess and select the best solutions for demonstration and dissemination towards the steel industry



### Demonstration

The smart-space-interaction technology needs a strong mixed-methods exploratory testing environment, consisting of three pilot phases



### Dissemination

Extend the knowledge and understanding, with particular focus on a range of person and environmental factors that have the highest impact on workers' physical health and wellbeing.





The overall project has a basic message, **“Holistic solutions to enhance the wellbeing and quality of life in the steel industry”**, supported by four pillars.

This communication plan and the actions described in it have the purpose of disseminating this message.

The four pillars are:

- Health-related fitness programmes that are most effective in reducing the risk of musculoskeletal disorders (MSD) and increasing the level of physical activity in older workers;
- Improving workplace ergonomics;
- Addressing and controlling nutritional balance;
- Enhancing stress management.

For more information please visit:  
[www.optimasteel-project.eu](http://www.optimasteel-project.eu)



This project is funded by the European Commission's Coal and Steel Research Fund (RFCs-2018) on agreement number 839990. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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