



Promoting health and safety in European Small and Medium-sized Enterprises (SMEs)



European Agency
for Safety and Health
at Work



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SME Funding Scheme 2002-2003



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High-risk and high-stress activities in the Algarve

The construction industry has a high level of accidents and injuries. Those caused by falls from a height, burying and crushing are especially worrying. By the nature of the work the level of risk is high and it is not helped by the scant attention given to occupational safety and health (OSH) among small and medium-sized enterprises (SMEs) in the building trade. Moreover managers in these businesses have little basic training themselves and are often ignorant of their legal obligations in the field of OSH. On quite a different plane the tourism industry produces very high levels of stress, caused by its complexity in organisational terms and by direct contact with customers with high expectations and a low tolerance of disappointment. The project holders sought to address both these areas of concern through on-site training.

Who organised the project?

Prévia-Saúde Ocupacional Higiene e Segurança, Lda

What was it called?

Prevention and good practices at work, a dynamic campaign

What was the project about?

This project was about providing practical guidance, training in the use of safety equipment, the dissemination of good practices and other preventive procedures. It involved SME management and workers, SME associations and other social partners. On-site training sessions focused on accident prevention in the construction sector, and on the causes and prevention of stress in the tourism sector, both in the Algarve. The approach was to talk to people in their place of work and as far as possible to adapt training to their reality.

What did they do?

Prévia's team started work in October 2002 with planning and sourcing campaign materials. They began contacting major business associations at the beginning of December. They also contacted the leaders of the 'Parque das Cidades', which was developing the biggest site in the region for the EURO 2004 international event.

In January 2003 they started a press campaign, which led to six radio interviews during the course

of the project. They launched a website and later created a link to one of the most visited regional Internet sites (Diário-online).



In March they made the first visit to a construction company in Algoz. Unexpectedly none of the workers or company owners was Portuguese. With this experience in mind support material in several languages was produced and the training was adjusted to bring in more visual effects that anyone could understand.

The training related to stress was more predictable, as they primarily contacted business associations and the appropriate union. These sessions focused on a practical approach to stress - what it is, how it arises, why, and how to avoid and deal with it. The main task of the trainers (including a

Prévia-Saúde Ocupacional Higiene e segurança, Lda

Type of organisation

✓ Private company

Sectors

✓ Construction
✓ Tourism

Activity

✓ Training

Outputs

✓ Data
✓ Leaflets
✓ Posters

Total budget: € 83,311

Agency support: € 38,781





psychologist) was to discuss a subject about which there is still a great deal of ignorance.

The campaign went on until September with the team divided between construction and tourism companies throughout the Algarve. Some companies even included the training for their quality certification. The project trained a total of 723 people, mostly workers, in 100 SME construction companies. A total of 225 people from 30 enterprises attended the stress at work training. At these sessions there were more directors and managers as they were in the strongest position to improve conditions in order to reduce stress.

They took part in regional fairs, enabling them to reach a large number of people in one place, and in several other events. They were helped in their work by two local organisations, Nera (Associação Empresarial da Região do Algarve) and AIHSA (Associação dos Industriais Hoteleiros e Similares do Algarve).



Algarve) and AIHSA (Associação dos Industriais Hoteleiros e Similares do Algarve).

What was produced?

For the training sessions in the construction industry the team produced: statistical data on construction accidents in the European Union and Portugal; an assessment of construction workers' attitudes to safety at work; the major causes of fatal accidents in construction in Portugal; and information on corrective measures and personal protective equipment. They also arranged for leaflets to be translated into other languages (for example Ukrainian and

Romanian). Manuals on safety guidelines were given free to the management of each company involved.

The training sessions for tourism were more interactive, supported by a presentation in PowerPoint. The internet site (www.previa.pt) has information regarding both subjects, covering legislation and good practices. An FAQ page carries answers to questions received. A3 posters were distributed at several public events.

Would you like to know more about this project?

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