

**”Umeå University is committed to providing a workplace that is characterised by respect for and trust in the individual, as well as being a safe and stimulating environment for staff and students. We must actively work on safety and risk management in order to create a sustainable and secure environment for both staff and students, as well as to safeguard tangible and intangible values.”**

Responsible for the working environment at the Academy of Fine Arts is the Head of Department, who delegates to the work environment representative (AMO), the students choose their own work environment representative (SAMO).

The representatives conduct an inspection every term to control the work environment. Representatives from the workshops usually take part in the inspections. Further steps then will be taken to rectify flaws found during inspection

### **Work injury**

If you are injured at work, you are required by the Swedish Work Injury Insurance Act to report this to the Head of Department, who, in consultation with the AMO, makes a report to the Swedish Social Insurance Agency. You must report all accidents and illnesses occurring at work, whether or not they result in sick leave.

Work injury includes

- Physical injury suffered at work
- Physical/mental injury resulting from threats or violence in the workplace
- Physical injury suffered while travelling to or from work
- Ill health due to the psychological work environment, such as conflicts at work or heavy workload.

### **Incidents**

An incident is an event that could have resulted in personal injury. To prevent work injuries all incidents should be reported to the Head of Department and the AMO. They will thereafter investigate the event.

### **Glasses for work**

As an employee at the Umeå University you're entitled to glasses for work, this will be arranged by the Occupational Health Service, Feelgood.

### **Crises and bereavments**

At personal crises and sudden deaths it is possible to find support. Students turn to the Student Health Service and employees to the Occupational Health Service, Feelgood.

For major accidents or disasters that may involve death, the university's crisis organisation will also be involved.

### **Threats and violence**

If you find yourself or see someone else in a threatening or violent situation, you should inform the Head of Department immediately.

If there is immediate danger to life and health, you should call 112 immediately.

## **Alcohol and drugs**

Umeå University shall provide a alcohol-free and drug-free working environment.

If you feel that you have a problem with your alcohol or drug consumption, you can get help and support both within and outside the university. You can always turn to the Head of Department or AMO who has a responsibility to help you. If you do not feel comfortable talking to any of these persons you can turn to the Student Health Service or the Occupational Health Service, Feelgood.

## **Health**

Your experience of health is individual and is influenced by your entire life situation. Eating habits, exercise, relaxation and sleep are very important for how you feel.

As your life situation changes, so your health will also always be changing. For this reason, it is important to think about what you need in order to feel good and healthy and to be able to achieve your goals.

You can initiate a conversation yourself with the Head of Department or contact the Student Health Service or the Occupational Health Service, Feelgood, if you begin to experience ill health.

## **Fitness**

All employees of Umeå University are given the opportunity to do one hour's fitness training per week during paid working hours.

As an employee or student at Umeå University you have the opportunity to sign up for a fitness card at IKSU at a concessionary cost.

The Academy of Fine Arts has well-trained fitness motivators.

## **Links**

Student Health Service: <https://www.aurora.umu.se/utbildning-och-forskning/stod-till-utbildning/studentstodsfragor/studenthalsan/>

Feelgood: <https://www.aurora.umu.se/Anstallning/arbetsmiljo-halsa-och-lika-villkor/foretagshalsovard/>

IKSU: <http://www.iksu.se/>, <https://www.aurora.umu.se/Anstallning/arbetsmiljo-halsa-och-lika-villkor/halsa/motionskort/>