

SCIENTIFIC DIRECTIONS OF DEPARTMENT OF LIFE SAFETY, HEALTHY LIFESTYLE AND TECHNOLOGIES





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OFFICE SYNDROME

01. SEDENTARY LIFESTYLE

(SEDENTARY WORK, LACK OF CONSTANT PHYSICAL ACTIVITY, INSUFFICIENT DURATION OF BREAKS AT WORK, MONOTONOUS OPERATIONS)

03. INFORMATION OVERLOAD

(EXCESSIVE INFORMATION FLOW, "TIGHT" DEADLINES, STRESS, IMBALANCE "WORK-REST") OFFICE SYNDROME CAUSES

02. INCORRECT DIET

(VIOLATION OF EATING PATTERNS, LACK OF CONTROL OVER THE QUALITY AND QUANTITY OF FOOD CONSUMED, LACK OF A BALANCED DIET, ETC.)

04. POOR-QUALITY WORKPLACE ORGANISATION

(LOW ERGONOMIC QUALITY OF WORKPLACE, POOR ORGANIZATION OF THE WORKSPACE)

HUMAN STRESS RESISTANCE

An assessment of human stress resistance based on research on human psycho-physiological indicators of health conditions. Outcome: recommendation on improving working conditions to increase human stress resistance

SUSTAINABLE NUTRITION

An assessment of the human nutrition system based on analysis of daily meals. Outcome: learning personnel on mindfulness choosing of food and a reasonable making of daily meals

WORKPLACE 04 ECO-FRIENDLINESS

An assessment of digital workplace eco-friendliness due to our assessment method. Outcome: learning personnel on basic rules of making an eco-friendly environment and improving digital workplace eco-friendliness

03

DIGITAL WORKPLACE

An assessment of the personnel's digital competencies and digital workplaces' ergonomics (online research). Outcome: learning personnel how to improve digital workplaces to make them safer

RESEARCH DIRECTIONS

SAFE DIGITAL WORKPLACE MODEL



INFORMATION EXCHANGE



JOINT WORK



USE OF DIGITAL TECHNOLOGIES AND INCREASING FLEXIBILITY IN WORK ORGANIZATION

01. STRATEGIC

COMPONENT.

A DIGITAL

WORKPLACE

02. ACTION

APPLICATION OF THE PRINCIPLES OF ECO-FRIENDLY ENVIRONMENT AND ERGONOMICS

02. STRATEGIC

COMPONENT.

ECO-ERGONOMIC

PRINCIPLES OF DIGITAL

WORKPLACE ORGANIZATION

03. ACTION

REFORMATTING OF SAFETY ATTITUDES, COMPETENCIES AND MODELS

03. STRATEGIC

COMPONENT.

SAFETY CULTURE

04. RESULT

A WORKPLACE ERGONOMIC **ORGANIZATION. EMPLOYEE ORIENTATION TOWARDS** SAFE BEHAVIOUR

01. GOAL

HIGH DEGREE OF INTEGRATION OF WORK PROCESSES, **INCREASED** INTERACTION BETWEEN **EMPLOYEES**

02. GOAL

CREATING COMFORTABLE AND SAFE WORKING CONDITIONS

03. GOAL

FORMATION OF A SAFETY MANAGEMENT SYSTEM UNDER DIGITALIZATION

DIGITAL WORKPLACE **DEVELOPMENT STRATEGY**

04. STRATEGIC TASK. A DIGITAL WORKPLACE

04. RESULT

A WORKING ENVIRONMENT THAT BRINGS TOGETHER WORK TOOLS, APPLICATIONS, **DIGITAL TECHNOLOGIES AND** ECOSYSTEMS IN ONE SPACE

PUBLICATIONS



1. Protasenko O., Mygal G., Kobrina N. (2024). The Eco-Ergonomics Issues of the Digital Workplace. Integrated Computer Technologies in Mechanical Engineering. Lecture Notes in Networks and Systems, 1008, 40-51. https://link.springer.com/chapter/10.1007/978-3-031-36201-9_51 2. Protasenko O., Mygal G. (2023). Ergonomics 4.0: digitalization problems and overcoming them. Municipal economy of cities, 3 (177), 182-188. https://khg.kname.edu.ua/index.php/khg/article/view/6143 3. Ivashura A. A., Borysenko O. M. (2021). Analysis of Eco-Conscious Food Behavior as a Factor of Ecological Sustainability Formation. Visnyk of V. N. Karazin Kharkiv National University. Series Ecology, (25), 101-110. https://doi.org/10.26565/1992-4259-2021-25-09. 4. Ivashura A., Borysenko O., Ivashura M., Tsapko N. (2022). Analysis of sustainable food systems in Ukraine. Food Industry Economics, 14(2). https://doi.org/10.15673/fie.v14i2.2318 5. Ivashura A., Borysenko O., Tolmachova M. (2021). Sustainable eating behavior. Bulletin of the National Technical University «KhPI» Series: New Solutions in Modern Technologies, (4 (10), 88–93. https://doi.org/10.20998/2413-4295.2021.04.12 6. Ivashura A., Protasenko O., Mykhailova E., Severinov, O. (2022). Study of strategies for sustainable production and consumption in the economic conditions of Ukraine. Economics of Development, 21(1), 8-16. https://doi.org/10.57111/econ.21(1).2022.8-16



THANK YOU FOR YOUR ATTENTION!