

Health

Development

Balance



Taking care of employees is not just about providing a job.

It's about creating an environment where people can work safely, grow, and maintain a balance between work and personal life.



What does it mean to care for employees?



It means creating an environment, where we can:



take care of our health,



develop our skills,



maintain a balance

between work and

personal life,



feel safe and

respected.

**Because when employees
feel good, everyone
benefits.**

HEALTH STARTS WITH PREVENTION

Health is our greatest asset. It's worth taking care of it every day – not just when something hurts.

Prevention is the key to a long and healthy life. Regular checkups and healthy habits allow us to:

- ✓ detect diseases at an early stage
- ✓ start treatment sooner
- ✓ enjoy good health for longer





DEVELOPMENT IS AN INVESTMENT IN YOURSELF



Training

Develop your knowledge and professional skills.



New Tasks

Take on challenges that broaden your horizons.



Collaboration

Learn from others and share your experience.



Sharing Experiences

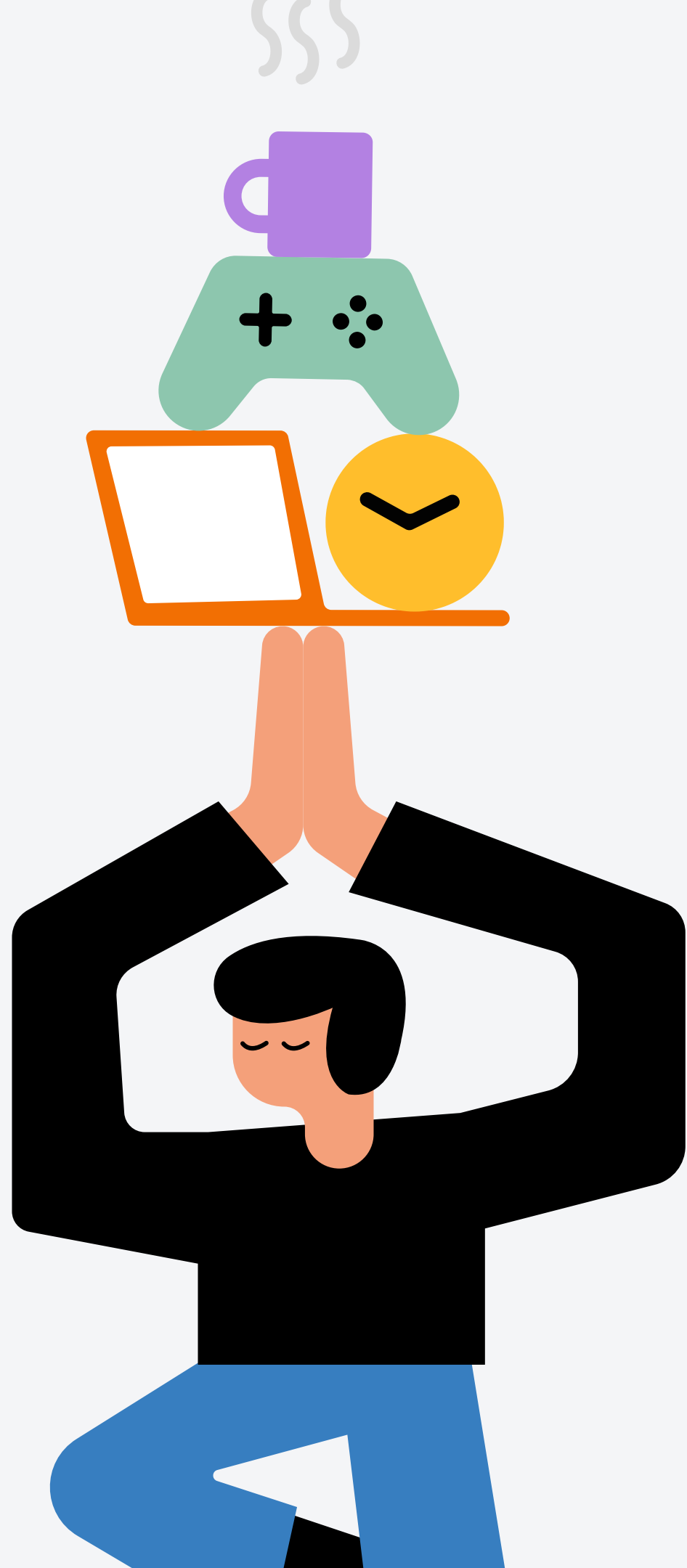
Conversations with others are a valuable source of inspiration.



New Skills

Every new skill is a step forward.

“By developing ourselves, we also develop our organization.”



WORK-LIFE BALANCE

Work-life balance is the foundation of well-being. This means finding time for:

-  Family
-  Rest
-  Physical activity
-  Hobbies
-  Regeneration

**“Rest is not a waste of time.
It is a source of energy.”**

**Time away from work is an investment
in your health, relationships, and productivity.**

WELL-BEING STARTS WITH THE LITTLE THINGS



Staying hydrated



A short break



Getting enough sleep



Talking with loved ones



A moment just for yourself



**“Small habits
create big
change.”**

How do we take care of our employees?



We promote preventive health care – because health is our greatest asset.



We support professional development – training, new challenges, and sharing experiences.



We ensure a safe work environment – both physically and mentally.



We promote a balance between work and personal life.



We build a culture of respect, collaboration, and responsibility.

Because we create a great workplace together - every day.

And what can we do on our own?



Each of us has an impact on our workplace. We can:

- get preventive health screenings,
- take vacation and time off to rest,
- develop our skills,
- support our coworkers,
- respond to dangerous situations,
- and foster a positive atmosphere.

We create a good workplace together.

REMEMBER

By taking care of yourself...



you take care of your health,



you develop your potential,



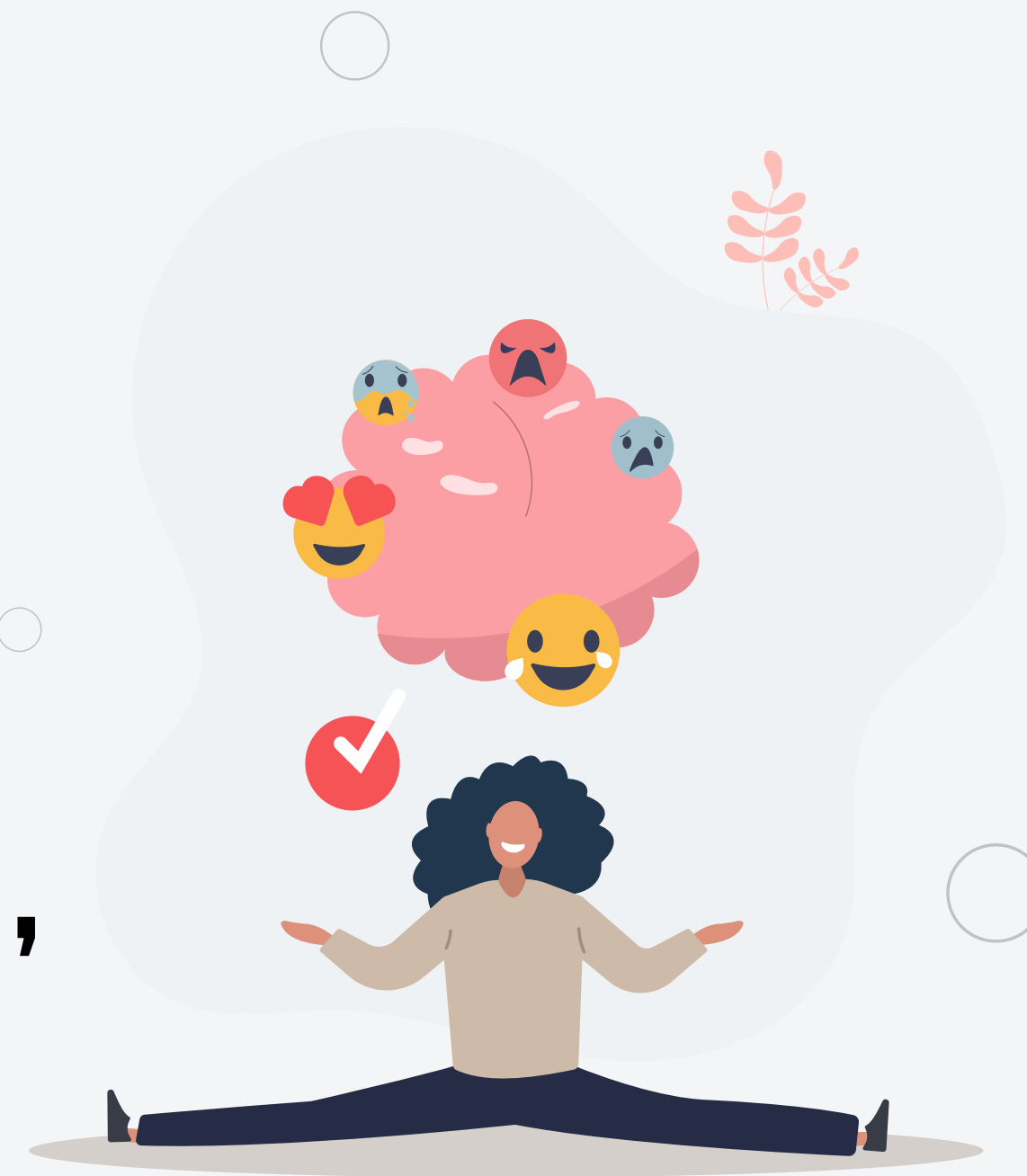
you maintain balance,



you build better relationships,



you create a better workplace.



**We care about our employees because we believe
we achieve the best results when:**

 **we're healthy,**

 **we're constantly growing,**

 **we're able to maintain a balance
between work and personal life.**

**This isn't just a standard. It's the way
we want to work every day.**

