



EFFAT

EUROPEAN FEDERATION OF FOOD, AGRICULTURE AND TOURISM TRADE UNIONS

‘Managing stress and psychosocial risks at the workplace’

EFFAT delivers practical tools at its Zagreb Conference

On 28 April on the International Day of Health and Safety at Work, EFFAT, the European Federation of Food Agriculture and Tourism Trade Unions, held a meeting in Zagreb in the framework on the EU co-funded project: **‘Fostering the role of the EFFAT European Works Councils (EWCs): Taking an active role in managing stress and psychosocial risks’**.

Amid today's economic upheavals, downsizing, layoffs, mergers and bankruptcies have cost hundreds of thousands of workers their jobs. In this context of precariousness, workers face the additional pressures of enhanced labour flexibility and have to cope with perceived job insecurity.

In order to tackle this challenge, EFFAT takes an active role in the project aiming at delivering a practical working tool for the EWC coordinators, trade union officers and shop stewards workers' representation.

Featuring the participation of members of trade unions, the European Agency of Health and Safety at Work (EU-OSHA) and labour research institutes, EFFAT's conference contributed to:

- Facilitate an understanding of work-related stress and psychosocial risks and identify the specific concerns within the EFFAT sectors.
- Identify methods of raising awareness, prevention and intervention that can be facilitated and/or implemented through the European Works Councils within the EFFAT sectors.

The conference will be followed by a second phase, which will focus on practices and tools specific to 100+ EFFAT's European Works Councils in the agriculture, food and tourism sectors and consisting of in depth interviews and sharing of best practices amongst transnational companies.

For more Information:

EU Co funded Project - [Tender Specification](#)

EU OSHA campaign: [‘Manage Stress at the Workplace’](#)

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About EFFAT: [EFFAT](#) is the European Federation of Trade Unions in the Food, Agriculture and Tourism sectors. As a European Trade Union Federation representing 120 national trade unions from 35 European countries, EFFAT defends the interests of more than 2.6 million members towards the European Institutions, European employers' associations and transnational companies. EFFAT is a member of the ETUC and the European regional organization of the IUF.

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