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**A DIGITAL WORKPLACE:  
ERGONOMIC PRINCIPLES OF  
ORGANIZATION AND  
DEVELOPMENT STRATEGY**

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# OFFICE SYNDROME CAUSES




## 01. SEDENTARY LIFESTYLE

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

## 02. INCORRECT DIET

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

# OFFICE SYNDROME CAUSES



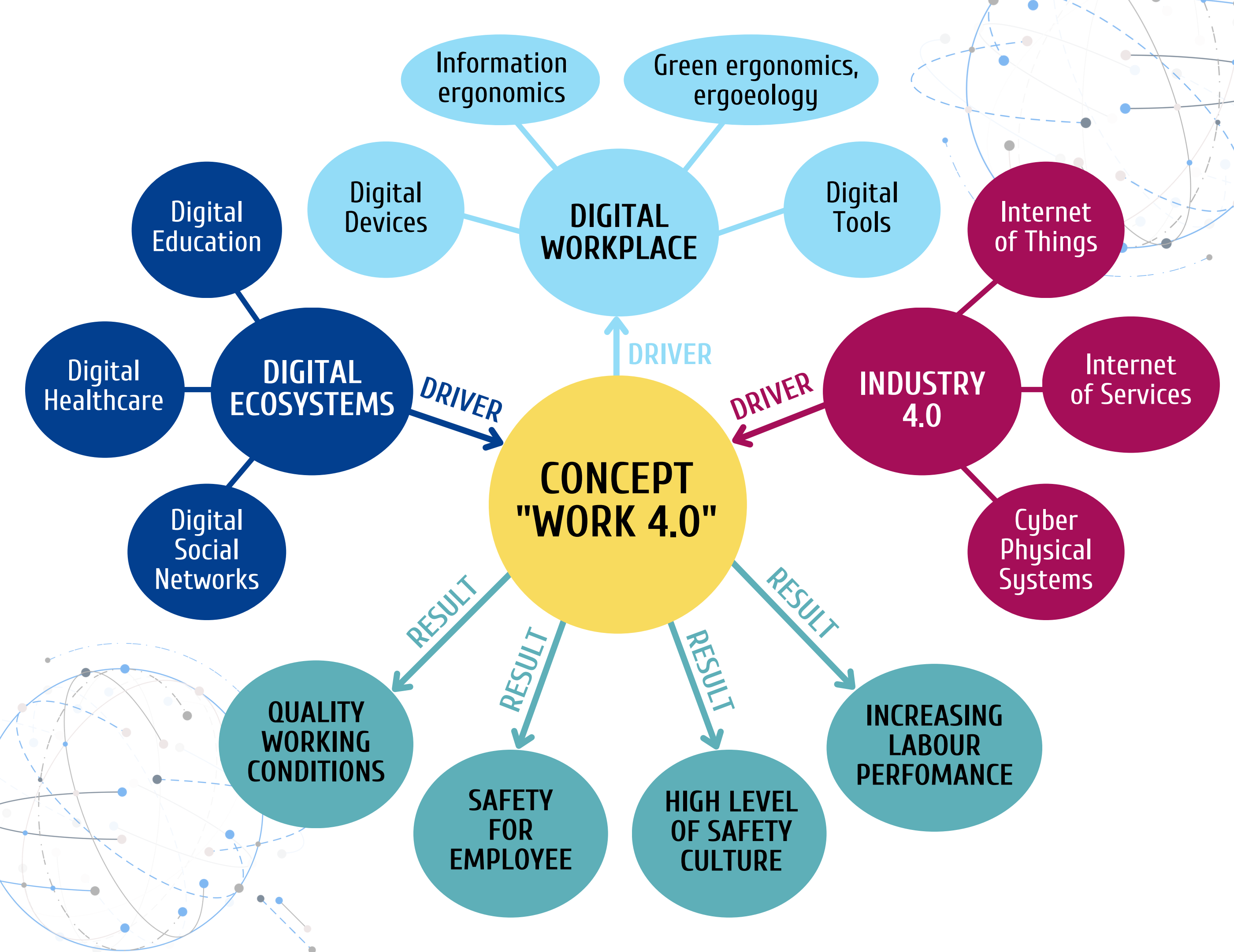
## 03. INFORMATION OVERLOAD

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

## 04. POOR-QUALITY WORKPLACE ORGANISATION

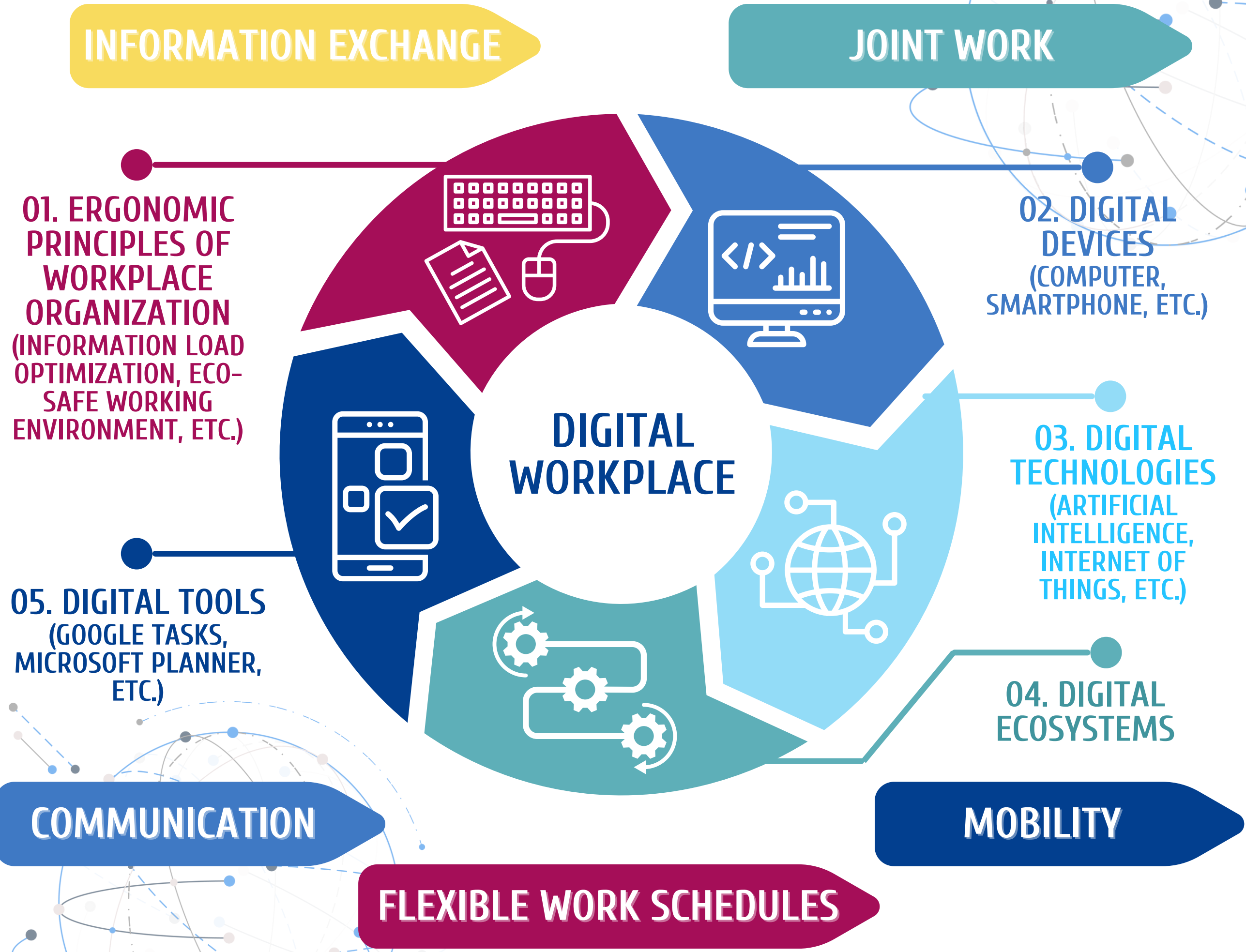
(LOW ERGONOMIC QUALITY OF WORKPLACE, POOR ORGANIZATION OF THE WORKSPACE)

# “WORK 4.0” MODEL





# DIGITAL WORKPLACE MODEL





## 01. ACTION

USE OF DIGITAL TECHNOLOGIES AND INCREASING FLEXIBILITY IN WORK ORGANIZATION

01. STRATEGIC COMPONENT. "WORK 4.0" CONCEPT

## 02. ACTION

APPLICATION OF THE PRINCIPLES OF INFORMATION ERGONOMICS, GREEN ERGONOMICS AND ERGOECOLOGY

02. STRATEGIC COMPONENT. ERGONOMIC PRINCIPLES OF 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

04. STRATEGIC TASK. A DIGITAL WORKPLACE

## 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

## 04. RESULT

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

# DIGITAL WORKPLACE DEVELOPMENT STRATEGY



# CONCLUSIONS



1. A NEW APPROACH TO THE WORK ORGANIZATION THE “WORK 4.0” CONCEPT WAS APPLIED IN THE RESEARCH.
2. IN THE FRAME OF THE “WORK 4.0” CONCEPT, THE TRADITIONAL WORKPLACE IS TRANSFORMED INTO A DIGITAL WORKPLACE. BASED ON THIS, A **DIGITAL WORKPLACE MODEL** WAS PROPOSED.
3. THE STUDY ESTABLISHED A CONNECTION BETWEEN **DIGITALIZATION** AND THE DEVELOPMENT OF A **COMPANY’S SAFETY CULTURE**.
4. THE “WORK 4.0” CONCEPT, THE UPDATING OF ERGONOMIC PRINCIPLES OF WORK ORGANIZATION, AND THE DEVELOPMENT OF THE COMPANY’S SAFETY CULTURE CREATED THE BASIS FOR THE FORMATION OF A **DIGITAL WORKPLACE DEVELOPMENT STRATEGY**.



**THANK YOU  
FOR YOUR  
ATTENTION!**