

5Z METHODOLOGY HEALTHY COMPANY

2021-2022



VISION ZERO
Safety Health Wellbeing


ORP INTERNATIONAL
FOUNDATION


SUSTAINABLE
DEVELOPMENT
GOALS



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WHO WE ARE

The **5Z** Healthy Company methodology is an initiative of the **International Foundation ORP**. Its objective is to encourage the creation of safe and healthy work environments.

The **5Z** model for healthy companies integrates the criterion of the International Association of Social Security (**AISS**) and the 2030 agenda of the United Nations Organization (**UNO**) by fulfilling the 17 objectives for sustainable development (OSD).

THE MODEL

5Z IS:

A management methodology for companies based on the “Zero” philosophy. It seeks to generate, share and potentiate good practices in order to reduce problems which can impact the health and safety of workers; energy consumption and waste; inequality; lack of communication; and occupational development. Its goal is to promote on going improvements in the organization and achieve high levels of well being, productivity, efficiency and engagement of all people involved...

THE DIMENSIONS

5Z achieves:

- ZERO Accidents.
- ZERO Diseases.
- ZERO Waste.
- ZERO Inequality.
- ZERO Unawareness.

5Z Around the World



- A multilingual tool.
- Currently performed in 9 countries.
- With over 185 licensed auditors worldwide.

Certified by the **CERpIE** of the Polytechnial University of Catalonia (**UPC**)

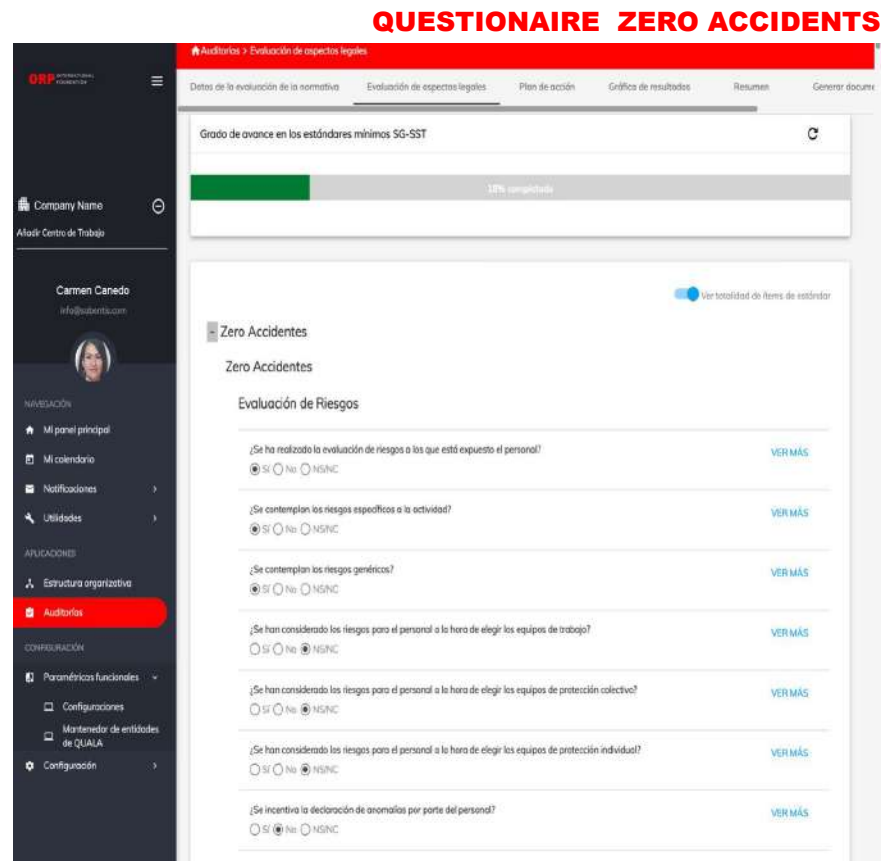
**FOR FURTHER INFORMATION, GO TO
WWW.RIESALUDABLE.COM**

THE 5Z TOOL

THE KEY TO ACHIEVE A SAFE, SALUBRIOUS, SUSTAINABLE SENTIENT AND SINGULAR COMPANY.

INITIAL EVALUATION STAGE

Once the company chooses to form part of the safe, healthy, sustainable and transparent **5Z** culture, **FiORP** will activate the initial evaluation stage. The company will receive the **5Z** Self Assessment Diagnostic Tool which determines the actual state of each of the five dimensions.

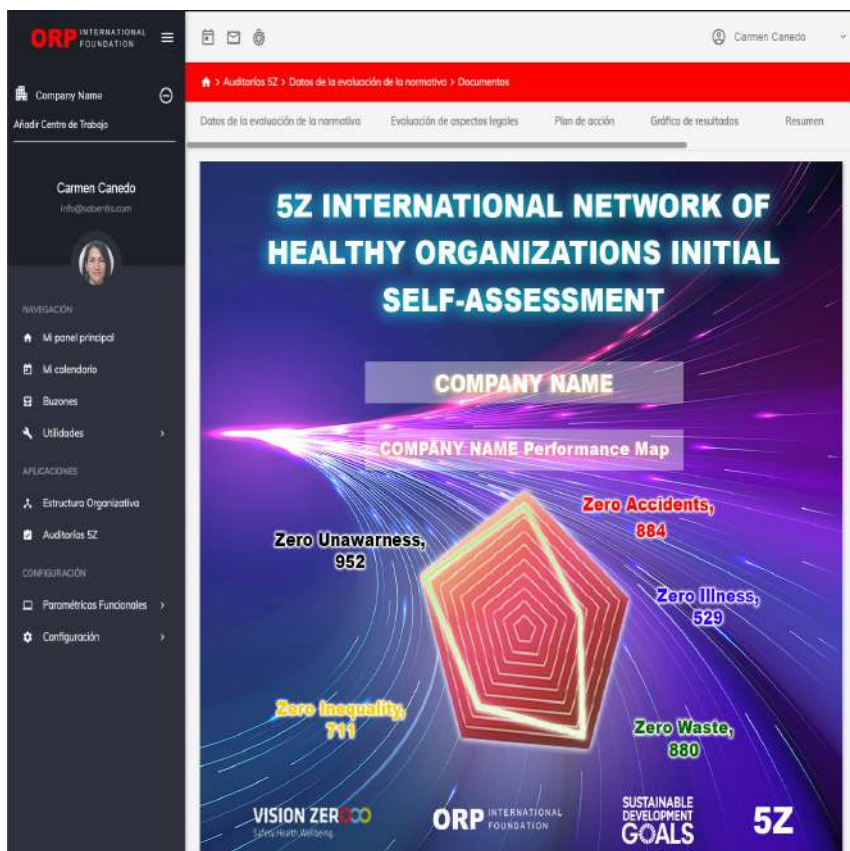


PERFORMANCE GRAPH

Once the SelfAssesment Tool is completed, the company receives a detailed report and performance graph from the expert team at **FiORP**.

The report will highlight the strengths and opportunities pinpointed in the assessment.

The performance graph will show the rating (by points) that the organization has achieved in each of the five areas.



ZERO ACCIDENTS



GENERAL INFORMATION

Field of use:

Prevention of work-related risks

Specialization:

Safety, hygiene and ergonomics

Areas:

Risk evaluation, accident assessment, hygiene, ergonomics, road safety, occupational training and information. Leadership, participation process and performance indicators.

OBJECTIVE

To foment a “prevention first” culture aimed at reducing the number of incidents and accidents in the work environment.



REQUIREMENTS

A healthy company must:

- Be able to manage work related risks by identifying their dangers, evaluating the risks and establishing baseline controls.
- Investigate accidents which occur in the workplace or in places related to it. This entails identifying the cause and taking the necessary steps to avoid recurrence.
- Resolve hygiene risks through prevention of contact among workers.
- Handle ergonomic risks by implementing the improvements necessary to prevent fatigue and osteo-muscular injuries.
- Handle risks associated with transport (road safety).
- As a general rule inform and train personnel about safety measures.
- Lead in prevention processes from upper management.
- Promote the participation of employees in the prevention of work related risks.
- Establish indicators which reflect the performance of the company with respect to prevention of work related risks to enable better responses.
- REACH A HORIZONTAL ZERO ALL HARM RESULTING FROM THE WORK ENVIRONMENT.

ZERO DISEASES

GENERAL INFORMATION

Field of use:

Prevention of work-related risks.

Specialization:

Psychosocial and Occupational Applied Medicine.

Areas:

Health surveillance, first aid, occupational illnesses, psychosocial health, nutrition, physical activity, leadership and participation processes.



OBJECTIVE

To promote a culture of health and well being in the workplace while addressing the prevention of occupational illnesses, mental health issues and non-transmissible illnesses (NTI), thus avoiding absenteeism due to these causes.



REQUIREMENTS

A healthy company must:

- Follow the health of workers from day one until retirement.
- Integrate health into company management in order to take the correct preventive measures when facing ergonomic, hygienic and/or psychosocial agents which may lead to illnesses.
- Ensure first aid measures are available.
- Promote healthy habits in the workplace: healthy food choices, physical activity, prevention of use of drugs and alcohol and healthy sleep habits in order to minimize occurrence of nontransmissible illnesses.
- Manage absenteeism and presenteeism.
- Lead in prevention processes from upper management.
- Encourage the participation of employees in promoting health so that they are involved in the solutions and continuum of health.
- Establish indicators which reflect the performance of the company with respect to health promotion to enable better responses.
- REACH A HORIZONTAL ZERO IN ALL FACTORS WHICH CAUSE ILLNESSES WHETHER OCCUPATIONAL OR GENERAL.

ZERO WASTE

GENERAL INFORMATION

Field of use:

Environmental management.

Specialization:

Management of residue, emissions and/or energy.

Areas:

Environmental politics, solid wastes, energy, water, emissions and management processes...



OBJECTIVE

To promote an environmentally friendly business culture which focuses on sustainability, the prevention of contamination and operational practices with the minimum impact on the environment.



REQUIREMENTS

A healthy company must:

- Establish an environmental policy which demonstrates a commitment to protecting the environment from its operations.
- Handle residues through reduction, reutilization and recycling as in the chain of circular economy.
- Save energy resources and minimize consumption, especially nonrenewable energy sources.
- Manage water use.
- Manage atmospheric emissions to minimize the company's carbon footprint.
- REACH A HORIZONTAL ZERO IN ALL FACTORS WHERE OPERATIONS HAVE AN IMPACT ON THE ENVIRONMENT

ZERO INEQUALITY

GENERAL INFORMATION

Field of use:

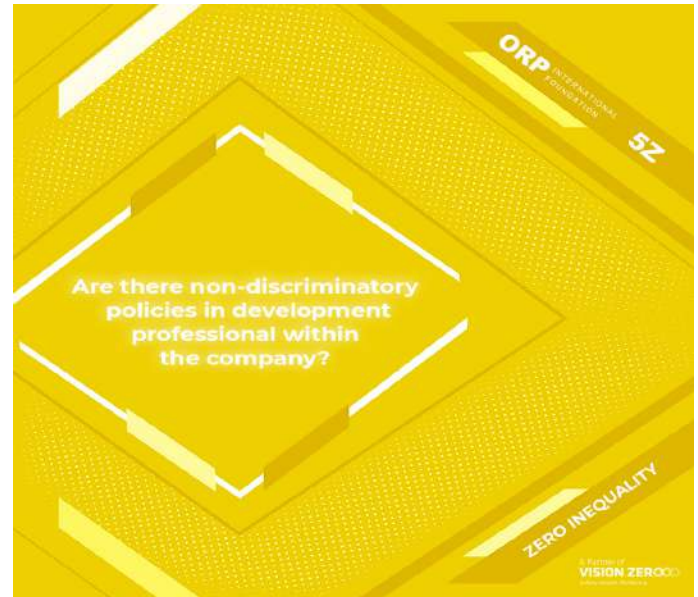
Human Resources and Legal Department

Specialization:

Equality, justice, inclusion and non violence.

Areas:

Inclusion, equality, justice, political organization and violence.



OBJECTIVE

To promote a culture of corporate values with inclusive, just and ethical behaviour and potentiate the common good with a zero tolerance of any discrimination.



REQUIREMENTS

A healthy company must:

- Promote the inclusion of disadvantaged persons/groups and create conditions which favour their integration in the company.
- Promote gender equality and equal opportunities for all workers.
- Incorporate inclusion practices in each and every process.
- Establish an organizational policy which facilitates the necessary conditions for workers to balance their social, family and professional lives.
- Create clear guidelines for zero tolerance for violence.
- REACH A HORIZONTAL ZERO IN ALL FACTORS WHICH CAUSE INEQUALITY AND PROMOTE INCLUSIVE, JUST AND ETHICAL PROCESSES.

ZERO UNAWARENESS



GENERAL INFORMATION

Field of use:

Business Management.

Specialization:

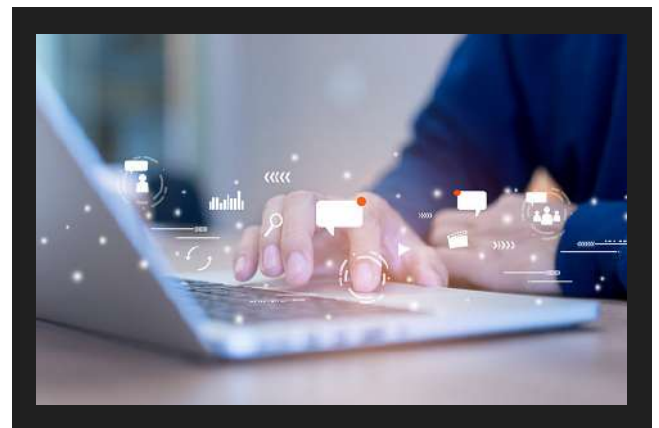
Information Systems, Human Resources and Social Responsibility

Areas:

Training, transparency, organization, communication and computer information management.

OBJECTIVE

To promote a transparent business culture which integrates communication, training and professional development of workers in all processes.



REQUIREMENTS

A healthy company must:

- Establish a training program for workers which ensures that they are capable of performing the tasks required for the job.
- Ensure transparency of information to interested parties: workers, clients, management, community and society in general.
- Encourage team work, engagement, professional development and promotions through the processes of personnel.
- Foster communication albeit vertical, horizontal or transversal between each and every member of the company and eliminate barriers which cause interference.
- Implement management systems of information which optimize the handling of decision making.
- REACH A HORIZONTAL ZERO IN ALL FACTORS WHICH CAUSE MISINFORMATION AND UNAWARENESS IN THE COMPANY.

THE 5Z SEAL

THE RESULT OF COMMITMENT TO BUSINESS EXCELLENCE



PROCESS

For a company to demonstrate that the requirements have been met to be classified as a healthy company, it must request **FiORP** to program an audit for certification. The criterion of the audit are based on the **5Z** model for a healthy company and will reflect the existing business management of the company. After the audit, if the company has reached 3500 points or more from the total of the 5 dimensions, they will be awarded the **5Z Transparent Seal** for healthy companies.

3500

POINTS

Minimum score for
5Z Transparent Seal.

+4200

POINTS

Score for
5Z Excellence Seal.

2

YEARS

Time of validity for Seals



A company that aspires to upgrade from the **5Z Transparent Seal** or has achieved a score of over 4200 points in the audit will be awarded the **5Z Excellence Seal** which is the highest level of business recognition for commitment to a healthy enterprise culture.