



OCCUPATIONAL HEALTH AND WELLNESS PROGRAM FOR ECC EMPLOYEES

I. BACKGROUND/ RATIONALE:

- The Occupational Safety and Health Standards (OSHS) provides rules to “protect every workingman”, including the ECC employee, “against the dangers of injury, sickness or death thru safe and healthful working conditions...”
- As mandated under Rule 1960 of the Occupational Safety and Health Standards as amended, one of its general provisions and coverage stated that “Every employer shall establish in his place of employment occupational health services in accordance with the regulation and guidelines provided under this rule, and that this rule shall apply to all establishments whether for profit or not, including the Government and any of its political subdivisions and Government- Owned or Controlled Corporations”;
- As provided for by the Occupational Safety and Health Standards, every employee, whether in the private or government sector, should have access to medicines and facilities, periodic annual medical examination and separation from employment (exit) examination;
- Health and wellness activities encourage employees to lead a healthy lifestyle. Consequently, a healthy workforce improves overall performance and productivity which in turn leads to more efficient and responsive public service;
- The ECC, as ISO 9001:2015 certified and compliant agency must conform to the Labor Code and OSHS.

II. LEGAL BASIS:

- PD 442 or The Labor Code of the Philippines
- DOLE Occupational Safety and Health Standards, as amended, 1989
- CSC Memorandum Circular (MC) No. 38, series of 1992, September 30, 1992
- CSC MC No. 06, series of 1995, April 20, 1995
- CSC MC No 08, series of 2011, March 7, 2011

III. OBJECTIVES:

- To maintain the health and total development of every ECC employee thru healthy lifestyle activities and establishing occupational health services in accordance with regulation and guidelines

- To ensure the competency and capability of the ECC Health and Wellness Committee in implementing the occupational health and wellness program

IV. COVERAGE

- The Health and Wellness Program shall cover all existing ECC employees and retirees

V. THE OCCUPATIONAL HEALTH AND WELLNESS COMMITTEE

- The Occupational Health and Wellness Committee (OHWC) shall be composed of the following:
 1. Dr. Ma. Sarah Antonia Concepcion- Chairman, OH medical doctor
 2. Dr. Melba Sacro- OH medical doctor
 3. Dr. Raymond Banaga- Internal medicine
 4. Dr. Diane Kriselle Quinlog- OH doctor
 5. Ms. Aniceta Misa- OH nurse
 6. Ms. Nancy Bonto- Social worker
 7. Ms. Veronica Curimao- Social worker
 8. Mr. Jay Galasinao- technical support
 9. Ms. Neco Monteros-technical support
 10. Ms. Kenne Carla Abalos- technical support
 11. Mr. Albert Casalme- technical support

VI. COMPONENTS:

A. Information, Education and Training

- On occupational health, disease prevention and healthy lifestyle for ECC employees
- Trainings and re-trainings, post-graduate courses such as the Basic Occupational Safety and Health (BOSH), and conventions for the Health and Wellness Committee

B. Wellness and Healthy lifestyle and the Drug-free workplace

- Physical fitness
- Healthy Diet
- Stress management
- Monitoring and compliance

C. Occupational Health Services for ECC employees

VII. ACTIVITIES:

The following activities shall be implemented under the Occupational Health and Wellness (OHW) Program for ECC employees

The ECC Occupational Health and Wellness Committee will implement the Health and Wellness activities as follows: