

SHORT CHECKLIST FOR SAFETY INSPECTION

Workplaces have different conditions and varying abilities to check off each item. Use the list as a tool to conduct a current state analysis and identify potential improvements specific to your workplace. A longer and more detailed checklist in Swedish is available on our website.

- Employees have access to restrooms during working hours.
- Employees are allowed to use the restroom, take breaks, or rest as needed.
- A sink and waste bin are available near the restroom.
- The workplace provides sanitary pads and tampons close to the restroom, or there is clear information on where they can be collected.
- There is a routine in place to ensure sanitary products are restocked and restrooms are cleaned according to a set schedule.
- All employees have access to separate and well-maintained showers.
- The workplace offers a comfortable and accessible space for breaks and rest.
- Employees who wear work clothing have access to changing facilities when needed, in a private and secure environment.
- Work clothing is designed according to the preferences and needs of the employees.
- There is an open and supportive atmosphere where employees feel comfortable discussing their well-being.
- The workplace provides free painkillers, and other aids to alleviate pain.
- Management and occupational health services have knowledge about how the menstrual cycle and menopause can affect health and well-being.
- Employees have the option to work from home or another location when needed.
- Employees are offered flexible working hours and the opportunity to make up lost time at a later date.
- The workplace ensures that thermal comfort is regularly evaluated, and individual adjustments are made as needed to promote a good working environment.
- Meeting times and shifts are planned with consideration for employees who experience sleep difficulties, ensuring they have sufficient opportunities for rest and recovery.

