

Valmeri Questionnaire

Workplace:

Date:

The purpose of this questionnaire from the Occupational Safety and Health Authority is to obtain a general picture of your perceptions of your working conditions. It is completely confidential, and the employer will not see individual replies.

Mark the alternative which you think best describes the present situation.

		Totally agree			Totally disagree	
		5 ☺	4	3 ☹	2	1 ☹
<i>Physical working environment</i>						
1	The tools I use are suitable, safe and sufficient, and they allow me to carry out my tasks without disturbances.					
2	My working environment and the connecting routes I use are well-dimensioned and in good order.					
3	I don't have to walk on a slippery (not sanded) ground outdoors in bad weather conditions.					
4	The ventilation and temperature in my working environment is appropriate and draught-free.					
5	My health is not endangered by contaminated air, chemicals or biological factors (dust, smoke, mould spore, bacteria, viruses, detergents, dissolvent etc.)					

<i>Strain on the musculoskeletal system</i>						
6	Work performed in an ergonomically sound manner is physically tolerable, and working postures and movements are comfortable and varied. I am satisfied with my ergonomics in my work.					
7	I do not often have to work in difficult and uncomfortable postures.					
8	I do not often have to lift or move heavy objects manually without mechanical aids.					
9	I do not often have to carry out repetitive one-sided hand movements during my work (not including work on screen)					

Turn!

		Totally agree			Totally disagree	
		5 😊	4	3 😐	2	1 😞
<i>Psychosocial workload</i>						
10	My work does proceed without disturbing searching, interruptions and waiting periods.					
11	I usually have enough time to perform my work properly and safely.					
12	I am not too often forced to work to the limits of my abilities.					
13	I have received sufficient introduction and training to be able to perform all my tasks, also in the event of disturbances or in risk situations.					
14	Tasks, objectives and how to achieve them are discussed sufficiently at my workplace					
15	I receive help and support that I might need from my superior.					
16	My opinion regarding my work and possible changes is being considered.					
17	My health or safety is not endangered by violence or the threat of violence at work.					
18	Harassment is persistent inappropriate conduct which jeopardises a person's health. Nobody is currently subjected to harassment in my work unit.					

Thank you for your cooperation!