



## COORDINATOR

Textile Research Institute AITEX

AITEX is a non-profit association established in 1985, composed by textile and related companies, whose main objective is to improve the textile companies competitiveness, promoting modernization activities, new technologies introduction and improvement of the quality. AITEX acts on behalf of the textile and clothing industries in Spain and overseas, having a strong industrial representation.

Our RTD personnel, is structured in 5 research groups; Nanotechnologies, Intelligent Textiles, ICT, finishing on technical textiles and Biotechnology and Composites.

AITEX has participated in many EC, national and regional initiatives, supporting the Spanish textile companies in the development of a growing number of diversely funded projects (from V and VI Framework Program, EUREKA, LEONARDO, LIFE) and has taken part in diverse groups of work in the European Technology Platform on the future of textiles and clothing, being the coordinator of group 6 (Thematic Expert Group 6), corresponding to the smart textiles and garments.

## THE CONSORTIUM



Textile Research Institute (Spain)  
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Triforma Oy (Finland)  
[www.triforma.fi](http://www.triforma.fi)

For further information: AITEX  
Plaza Emilio Sala 1, 03801, Alcoy (Spain)  
Tel.+34965542200 - Fax: +34965543494  
rlopez@aitex.es  
[www.aitex.es](http://www.aitex.es)



Stress Prevention Methodologies and Risk Assessment and Prevention of Work-Related Stress and Training Related Contents.

Co-funded by Leonardo Da Vinci Lifelong Learning Programme (LLP)

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# NO\_STRESS

Co-funded by Leonardo Da Vinci  
Lifelong Learning Programme (LLP)

## Description

The project main idea is to use the results of SPA "Stress Prevention Activities" Project and a Risk Assessment tool called WEST "Work Environment Screening Tool", combine them and put it in a more friendly environment, via web, for employers, employees and occupational physicians and technicians and VET students. The web environment to be created will have 3 major entrances:

1. Take the user to play a little quiz game to check the level of stress that the user/trainee is exposed to;
2. Have access to a Stress Risk Assessment Tool, where the trainee can insert company data and understand the stress risk that the company has and then try change eventual risks towards improved health and increased productivity, having access to a list of prioritized improvement actions and stress reduction measures to be implemented;
3. It will be a content repository concerning the project main subject that is STRESS and Work Environment Conditions where trainees can have access and learn more about it.



## Objectives

- ⇒ Support participants in training and further training activities in the acquisition and the use of knowledge, skills and qualifications to facilitate personal development;
- ⇒ Support improvements in quality and innovation in vocational education and training systems, institutions and practices;
- ⇒ Improve the transparency and recognition of qualifications and competences, including those acquired through non-formal and informal learning;
- ⇒ Support the development of innovative ICT-based content, services, pedagogies and practice for lifelong learning;
- ⇒ Promote effective risk assessment and prevention of work-related stress and training related stress;
- ⇒ Raise awareness on the importance of preventing actions;
- ⇒ Involve all key interested parties (social partners, employers, employees of companies, occupational physicians and technicians and other experts) in the activities of the project;
- ⇒ Provide a tool that allows occupational technicians and physicians to simply assess work related stress risk;
- ⇒ Gain consciousness of work-related stress issues and stress preventive actions, by the development of specific didactic contents.

## Expected results

The project is oriented, specifically, to companies needs, supporting in the decision process during critical situations, in a cognitive and emotional plan. By making use of questionnaires and a personal feedback according to the trainee result, apprenticeship becomes a more dynamic and involving process, improving performance in professional activities and increasing learning results, as well as it improves the attractiveness of the learning method.



The main outcomes of this project are the development of:

- ⇒ Questionnaire for the establishment of the stress level
- ⇒ 1 Virtual network learning environment
- ⇒ 1 Quiz game
- ⇒ 1 Online tool for the stress risk assessment
- ⇒ 1 E-learning course on stress prevention Learning Objects (didactic contents)
- ⇒ IPR and Exploration Agreement
- ⇒ 1 International Workshop
- ⇒ 3 Information Sessions