



## International Health and Safety Day 2026

April 28, 2026

Cafeteria & Nest Hall

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The safety team would like to celebrate with you on 28 April: World Day for Safety and Health at Work. The aim of this celebration is to promote the prevention of accidents at work and health conditions at work all over the world.

From ICFO, we want to spread a culture of prevention and thank you for working consciously in your workplace, because **prevention is everyone's business** and although the ICFO Health and Safety team works every day to promote the safety of staff and visitors, identify and correct potential health hazards, conduct safety training, provide advice and consultation on different preventive aspects or maintain an emergency management programme, among many other things, none of this is enough without your involvement and awareness of prevention.

That is why one more year, we want to celebrate and promote World Health and Safety Day with all of you!!! Don't miss it!!!

**Program:**

**Healthy Breakfast (10:00-11:00)**

Enjoy a nutritious breakfast at Cafe de la Llum and don't forget to pick up your ergonomic gift!

**Ergonomic Workshop (11:00-11:30)**

Join our interactive session on workplace postural breaks: "Align Your Spine, Boost Your Shine!".

**Poster Exhibition (All day)**

Explore informative posters about health and safety at Nest Hall.