

A day to raise staff's awareness

As part of a joint effort to raise staff awareness about CSR (Corporate Social Responsibility) issues, Sterne organised a CSR awareness day in conjunction with all the Exsto Group sites.

Health, security at work and alternative mobility as a program

How can we reduce our daily impact on environment? How can we compensate this impact? Alternative transport modes, what are they? What are the correct gestures? The right postures? How to work in a safe environment? So many subjects for which it is important to raise awareness! All day long, messages were disseminated using posters and/or the TV screens on site.

In order to start the day in good conditions, and on the theme of health and security at work, all the staff members met for a muscular awaking collective session. Many think that warming up is strictly for sports. Well, no! Preparing joints and muscles to the demand of professional activity is as important; in fact it is a transition between a rest phase and an activity phase which allows one to avoid hurting, to be more performant and to feel good! And it is positive both for the employee and the company! Fewer injuries mean less time off work, which means greater productivity.



Take up the challenge!

A mobility challenge has been also organised for the occasion. It is known that the transports represent alone 42% of the greenhouse gas emissions (Source : Ecological Transition Ministry "[Key numbers of the climate France, Europe and World EDITION 2021](#)"). How can we act to reduce the impact of our daily travel on the environment? By changing our habits and by adopting alternative and durable transport modes. But what is an alternative transport mode? Simply a transport mode that limits the use of the car. Carpooling, cycling, public transportation, scooters... The idea of this challenge was to motivate a maximum of persons to come to work this day using an alternative transport mode.

The Team Sterne covered an equivalent of 536km using alternative transport mode to come this morning. By doing this just once a week for a year, it would represent more than 11T of CO2 emission savings. A motivating experience, isn't it?