

Health data (2025) for the railway companies affiliated with IDEWE

Dr. Katrien Verhaegen

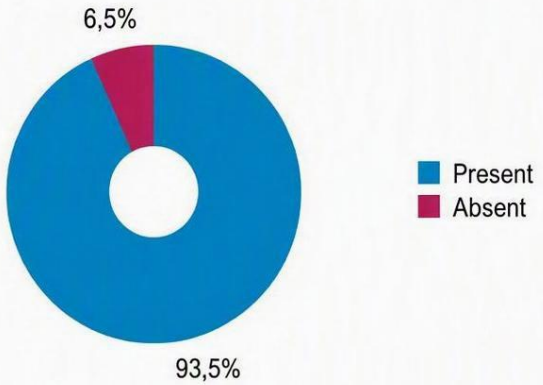
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OPTIMISING WORK ENVIRONMENTS

Number of medical examinations performed in 2025

Preventive Medical Examinations Performed

Number of health assessments (number of examination moments)

Present/Absent	Number
Present	26.605
Absent	1.853
Total	**28.458**



Number of certificates issued in 2025

	Rail codex MEDICAL ONLY	6.198	6.414
Examination MEDICAL+PSYCHOLOGICAL certificate		**440**	**461**
	Rail codex RECRUITMENT MEDICAL + PSYCHOLOGICAL	198	204
	Rail codex RECERTIFICATION MEDICAL + PSYCHOLOGICAL (train driver - 10 yrs)	172	173
	Rail codex INCIDENT/AT EMPLOYER REQUEST MEDICAL + PSYCHOLOGICAL	70	84
Examination PSYCHOLOGICAL certificate		**147**	**151**
	Rail codex RECRUITMENT PSYCHOLOGICAL	24	24
	Rail codex RECERTIFICATION PSYCHOLOGICAL (train driver - 10 yrs)	110	113
	Rail codex INCIDENT/AT EMPLOYER REQUEST PSYCHOLOGICAL	13	14

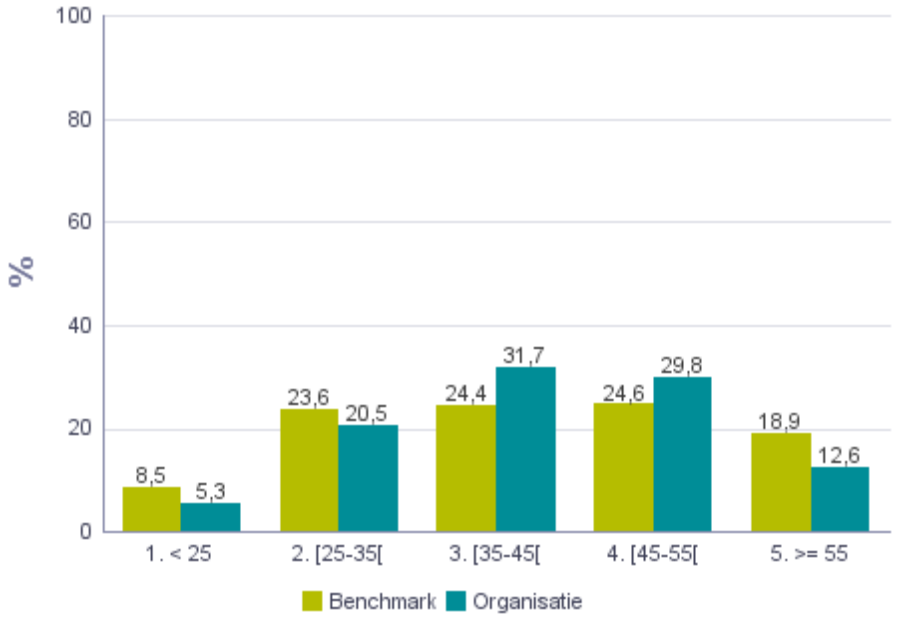
Prevalence overview

Overview

1. Demographic data
2. Biometrics
3. Medical history
4. Clinical Examination
5. Absenteeism
6. Synthesis

1. Demographic data

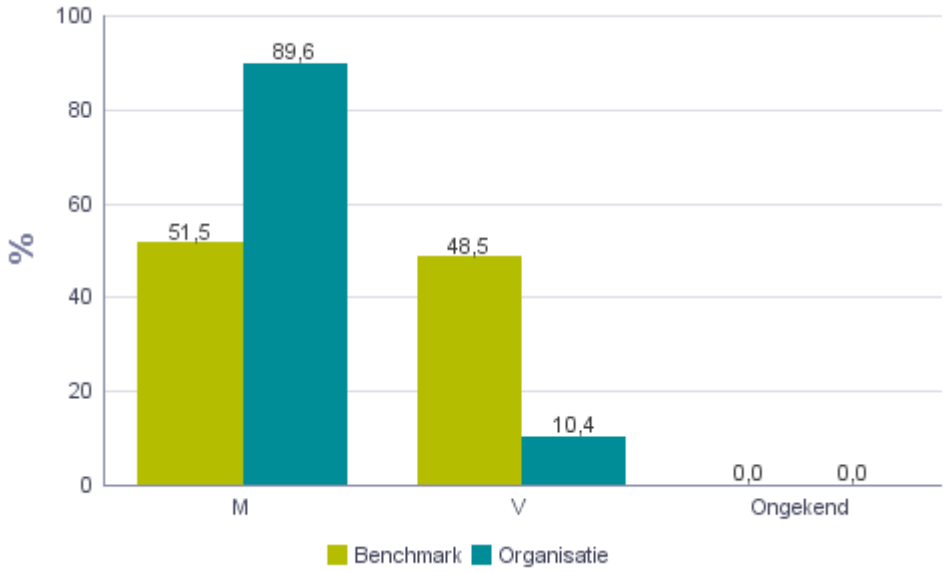
Distribution of employees by age



Age	Number of empl Benchmark	Number of empl Organisation
1. < 25	22.021	1.121
2. [25-35[	61.243	4.321
3. [35-45[	63.171	6.677
4. [45-55[	63.747	6.271
5. >= 55	49.052	2.655
Total	**259.234**	**21.045**

1. Demographic data

Distribution of employees by gender



Gender	Number of em Benchmark	Number of em Organisation
M	133.473	18.861
F	125.761	2.182
Unknown	0	0
Total	**259.234**	**21.043**

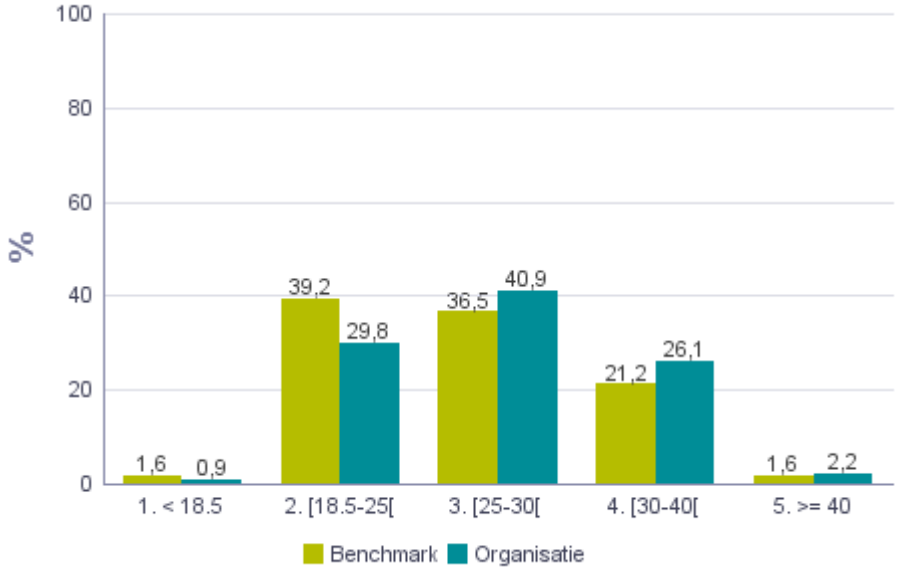


2. Biometrics

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2.1 Body Mass Index

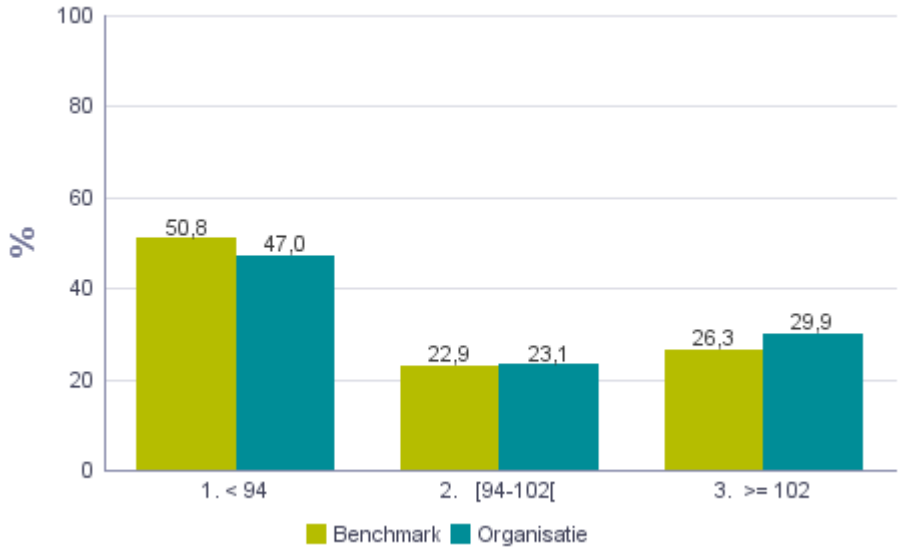
Distribution of employees by BMI



BMI	Number of emp Benchmark	Number of emp Organisation
1. < 18.5	3.606	183
2. [18.5-25[	87.534	5.897
3. [25-30[	81.403	8.088
4. [30-40[	47.244	5.161
5. >= 40	3.540	432
Total	**223.327**	**19.761**

2.2 Waist circumference (men)

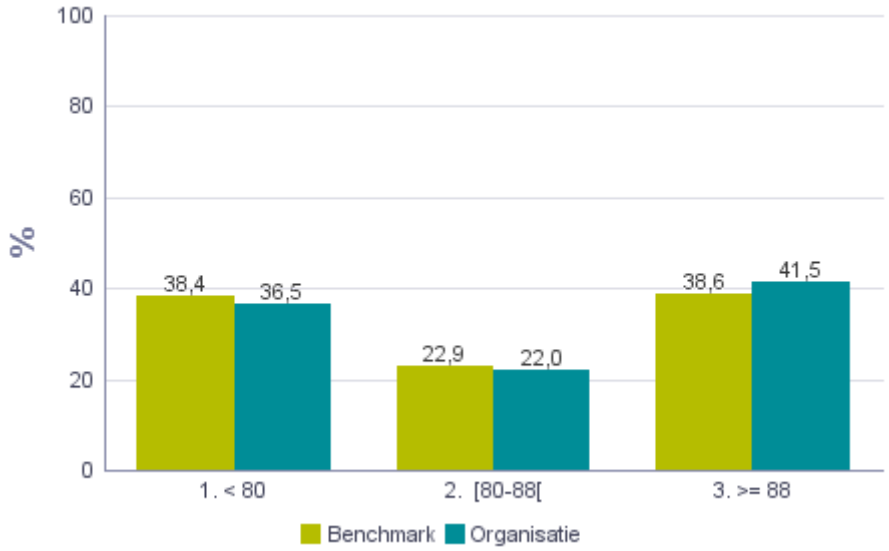
Distribution of male employees by waist circumference



Waist circumf	Number of emp Benchmark	Number of emp Organisation
1. < 94	34.908	4.045
2. [94-102[	15.727	1.984
3. >= 102	18.071	2.573
Total	**68.706**	**8.602**

2.2 Waist circumference (women)

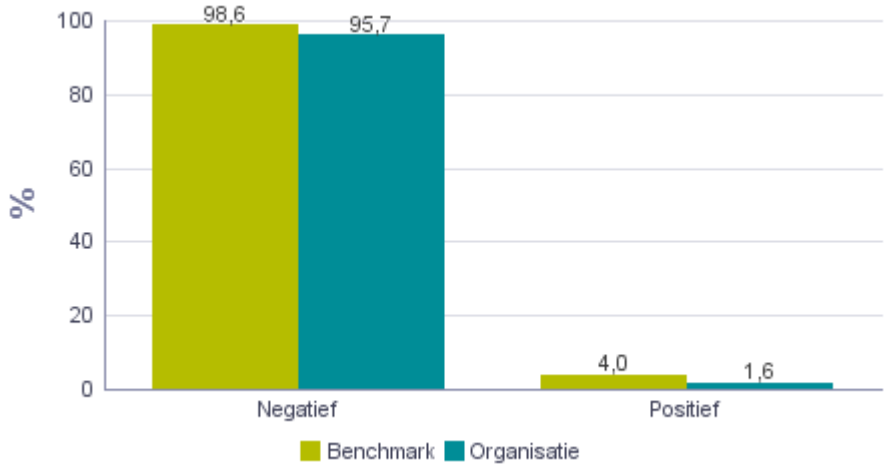
Distribution of female employees by waist circumference



Waist circumf	Number of emp Benchmark	Number of emp Organisation
1. < 80	23.601	349
2. [80-88[	14.070	210
3. >= 88	23.712	397
Total	**61.383**	**956**

2.3 Drug test Urine

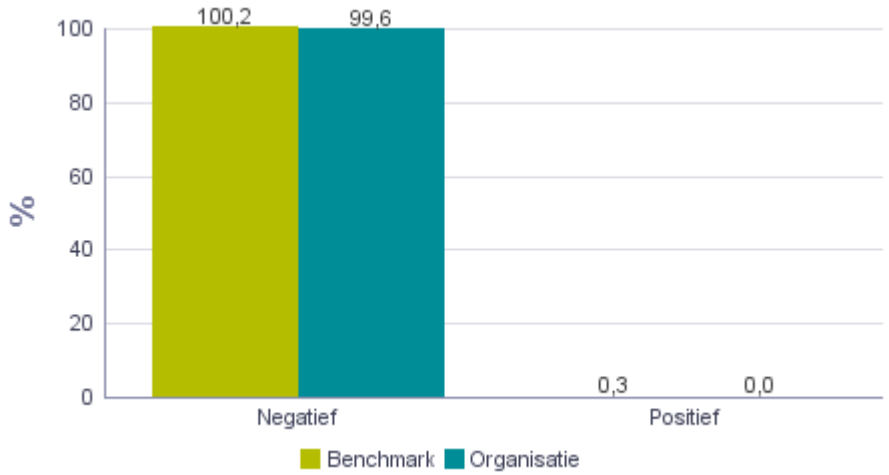
Distribution of employees by test result



Result	Number of empl. Benchmark	Number of empl. Organisation
Negative	506	6.608
Positive	20	152
Total	**526**	**6.760**

2.3 Adulteration test Urine

Distribution of employees by test result



Result	Number of empl. Benchmark	Number of empl. Organisation
Negative	335	5.418
Positive	1	6
Total	**336**	**5.424**

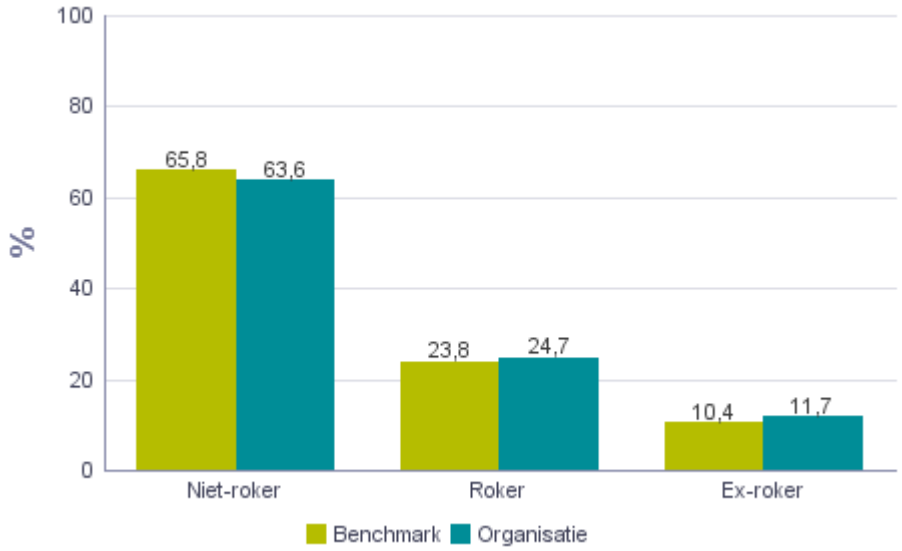


3. Medical history

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3.1 Smoking habits

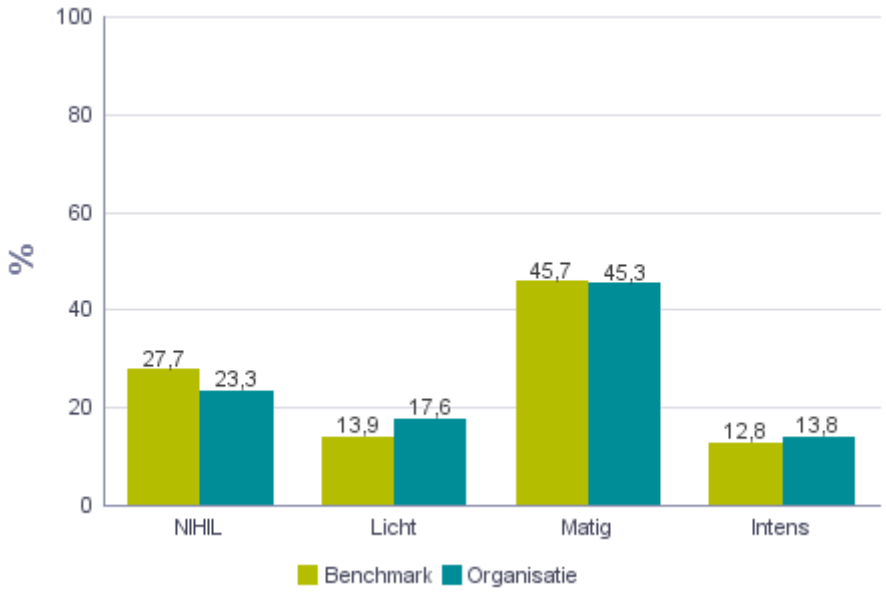
Distribution of employees by smoking habit



Habit	Number of emp Benchmark	Number of emp Organisation
Non-smoker	161.964	10.850
Smoker	58.565	4.216
Ex-smoker	25.505	1.996
Total	**246.034**	**17.062**

3.2 Physical activity (1)

Distribution of employees by exercise habits

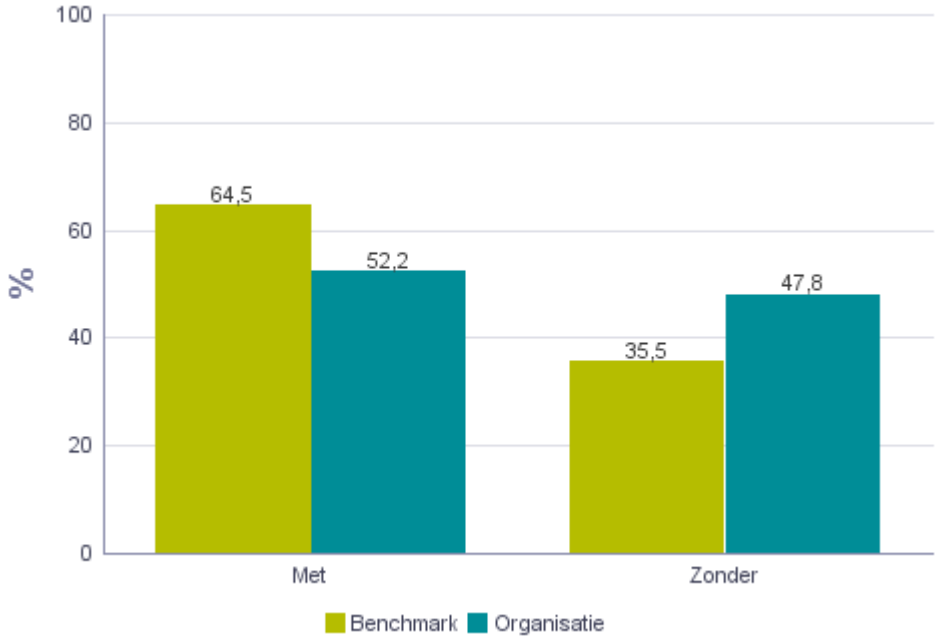


Habit	Number of emp Benchmark	Number of emp Organisation
NONE	68.707	4.276
Light	34.445	3.230
Moderate	113.474	8.307
Intense	31.855	2.532
Total	**248.481**	**18.345**

Intense exerciser at least 1 sport practised at intense intensity
Moderate exerciser ongoing intense sports activity / at least 1 sport practised at moderate intensity
Light exerciser: no ongoing intense and/or moderate sports activity / at least 1 sport practised at light intensity
NONE: no ongoing sports activity at all

3.3 Treatment data

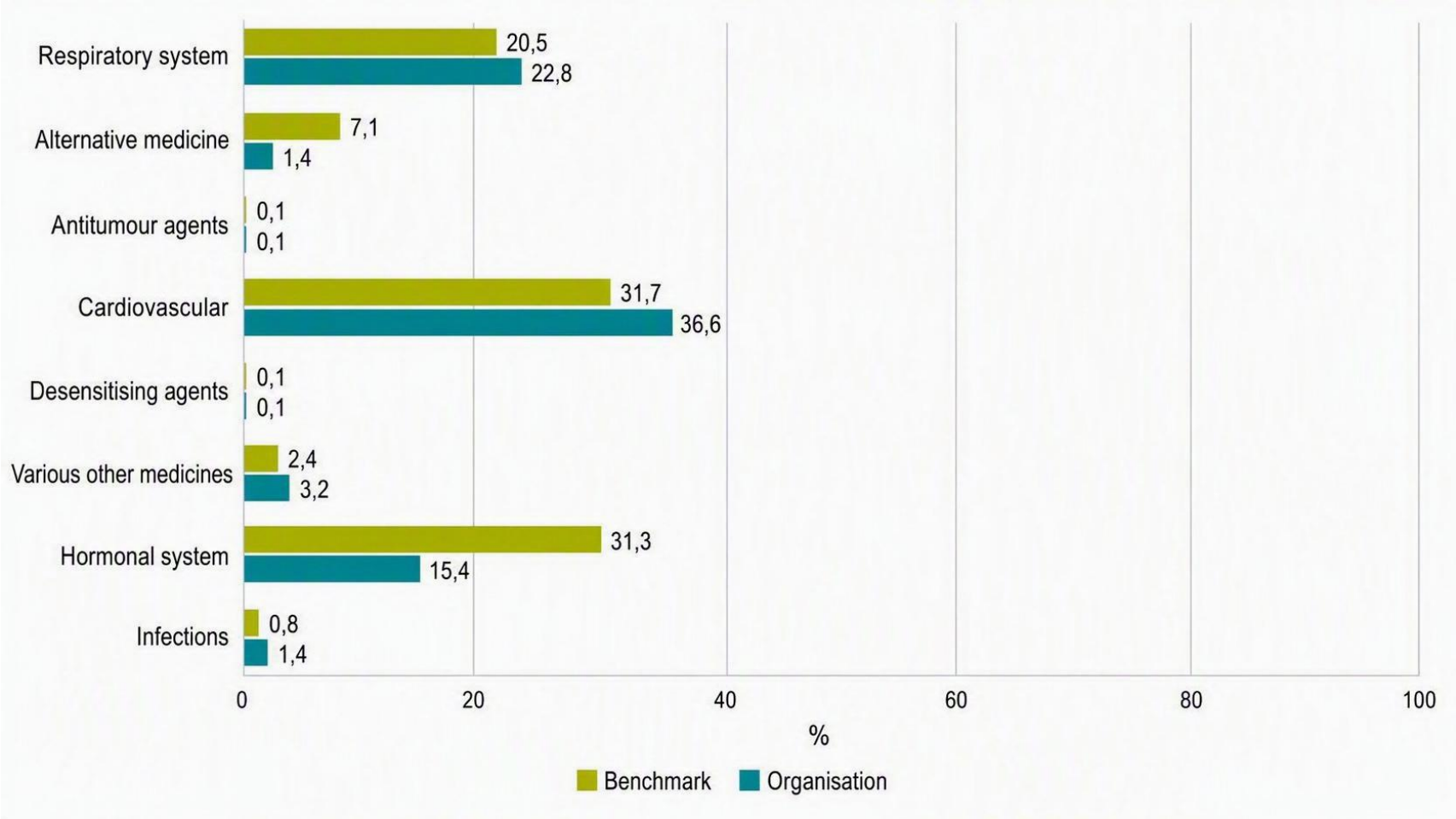
Distribution of employees with and without treatment at the time of the medical examination



Treatment?	Number of emp Benchmark	Number of emp Organisation
With	145.936	8.848
Without	80.471	8.093
Total	**226.407**	**16.941**

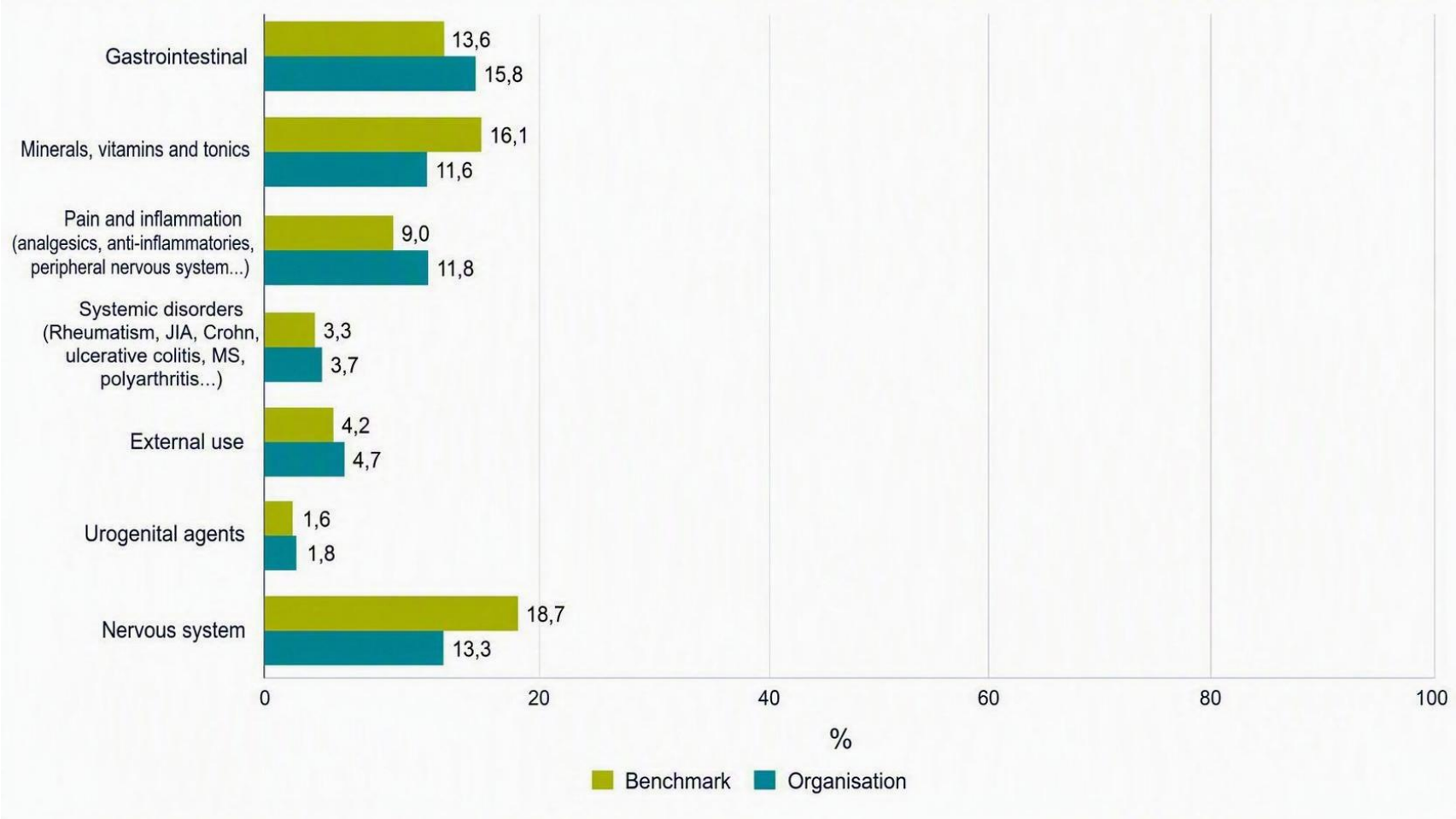
3.3 Treatment data

Distribution of employees under treatment by type of treatment



3.3 Treatment data

Distribution of employees under treatment by type of treatment

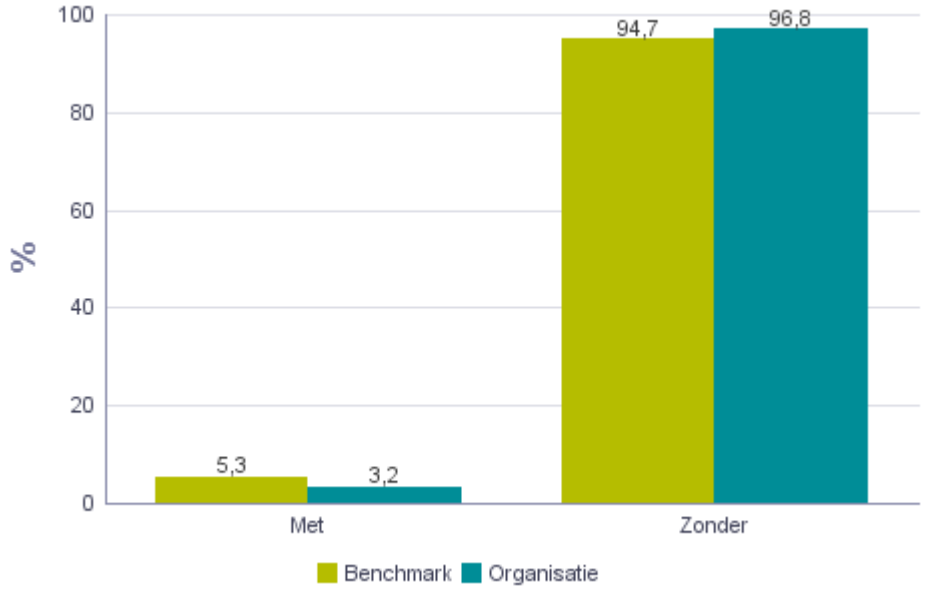


4. Clinical Examination

1. Musculoskeletal symptoms
2. Dermatological symptoms
3. Cardiovascular symptoms
4. Respiratory symptoms
5. Blood pressure data

4.1 Musculoskeletal symptoms

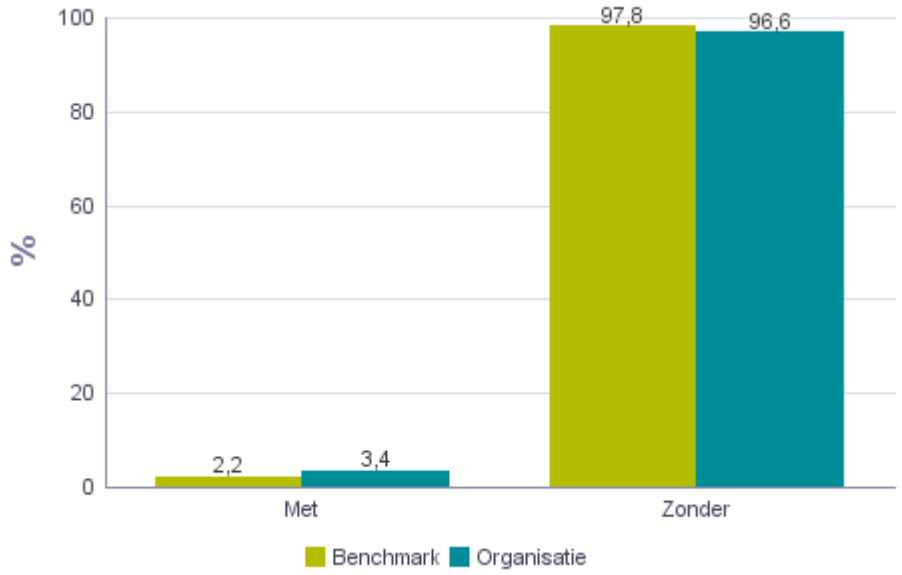
Distribution of employees with and without musculoskeletal symptoms at the time of the medical examination



Symptoms?	Number of emp Benchmark	Number of emp Organisation
With	4.889	394
Without	87.732	11.768
Total	**92.621**	**12.162**

4.2 Dermatological symptoms

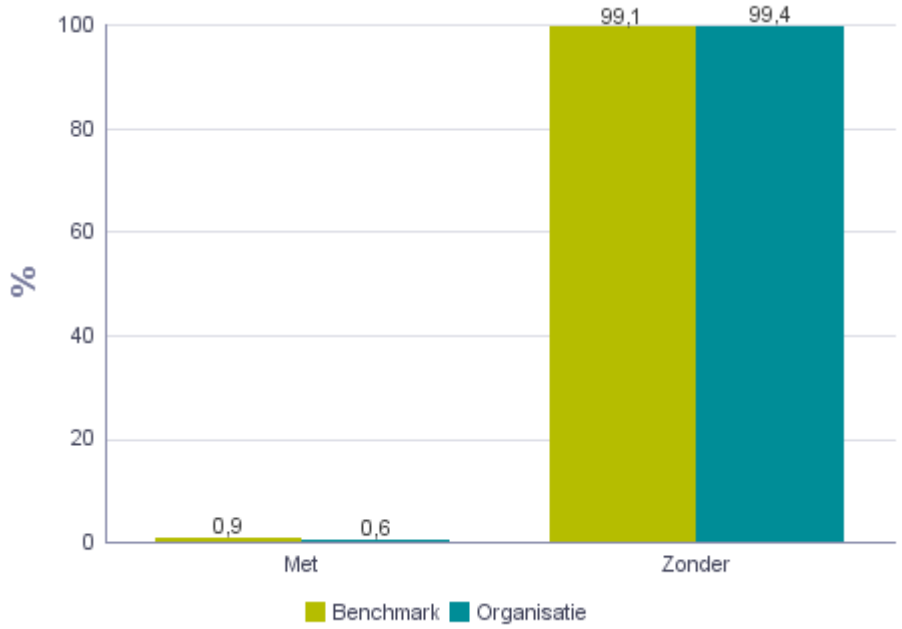
Distribution of employees with and without dermatological symptoms at the time of the medical examination



Symptoms?	Number of emp Benchmark	Number of emp Organisation
With	1.996	397
Without	87.610	11.364
Total	**89.606**	**11.761**

4.3 Cardiovascular symptoms

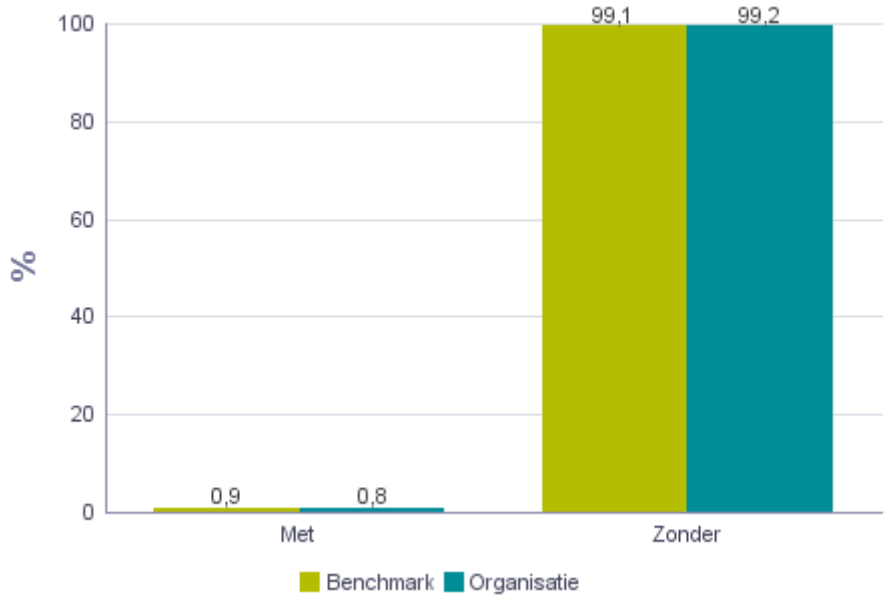
Distribution of employees with and without cardiovascular symptoms at the time of the medical examination



Symptoms?	Number of emp Benchmark	Number of emp Organisation
With	948	92
Without	103.297	14.144
Total	**104.245**	**14.236**

4.4 Respiratory symptoms

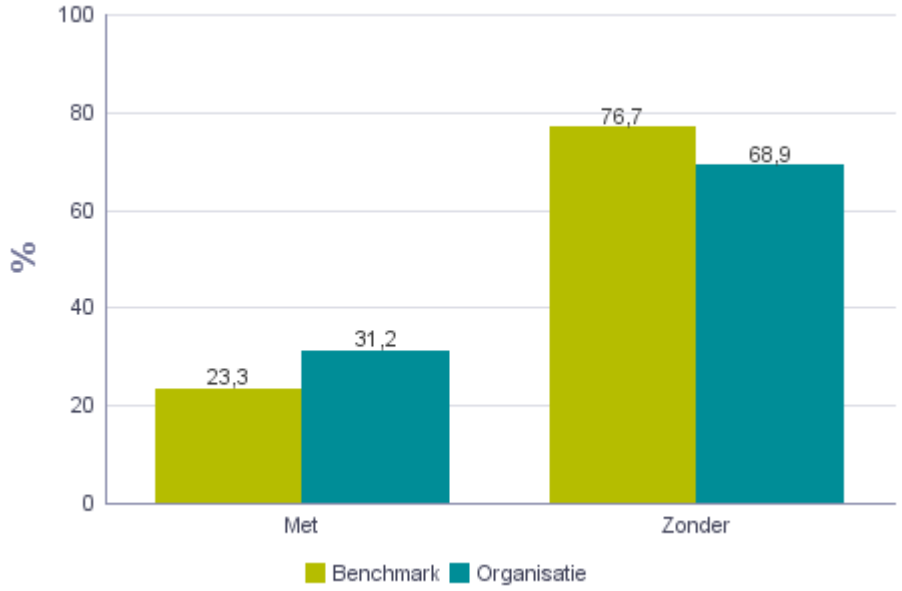
Distribution of employees with and without respiratory symptoms at the time of the medical examination



Symptoms?	Number of emp Benchmark	Number of emp Organisation
With	884	115
Without	101.049	13.661
Total	**101.933**	**13.776**

4.5 Blood pressure data

Distribution of employees with and without hypertension at the time of the medical examination



Hypertension?	Number of emp Benchmark	Number of emp Organisation
With	48.724	5.746
Without	160.182	12.720
Total	**208.906**	**18.466**

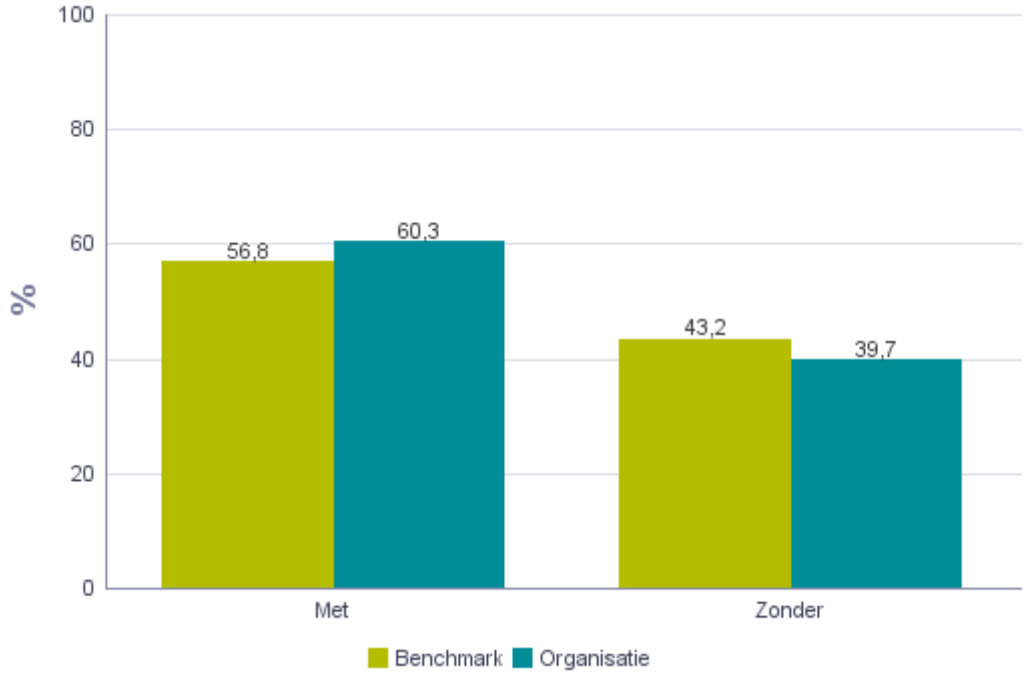


5. Absenteeism data

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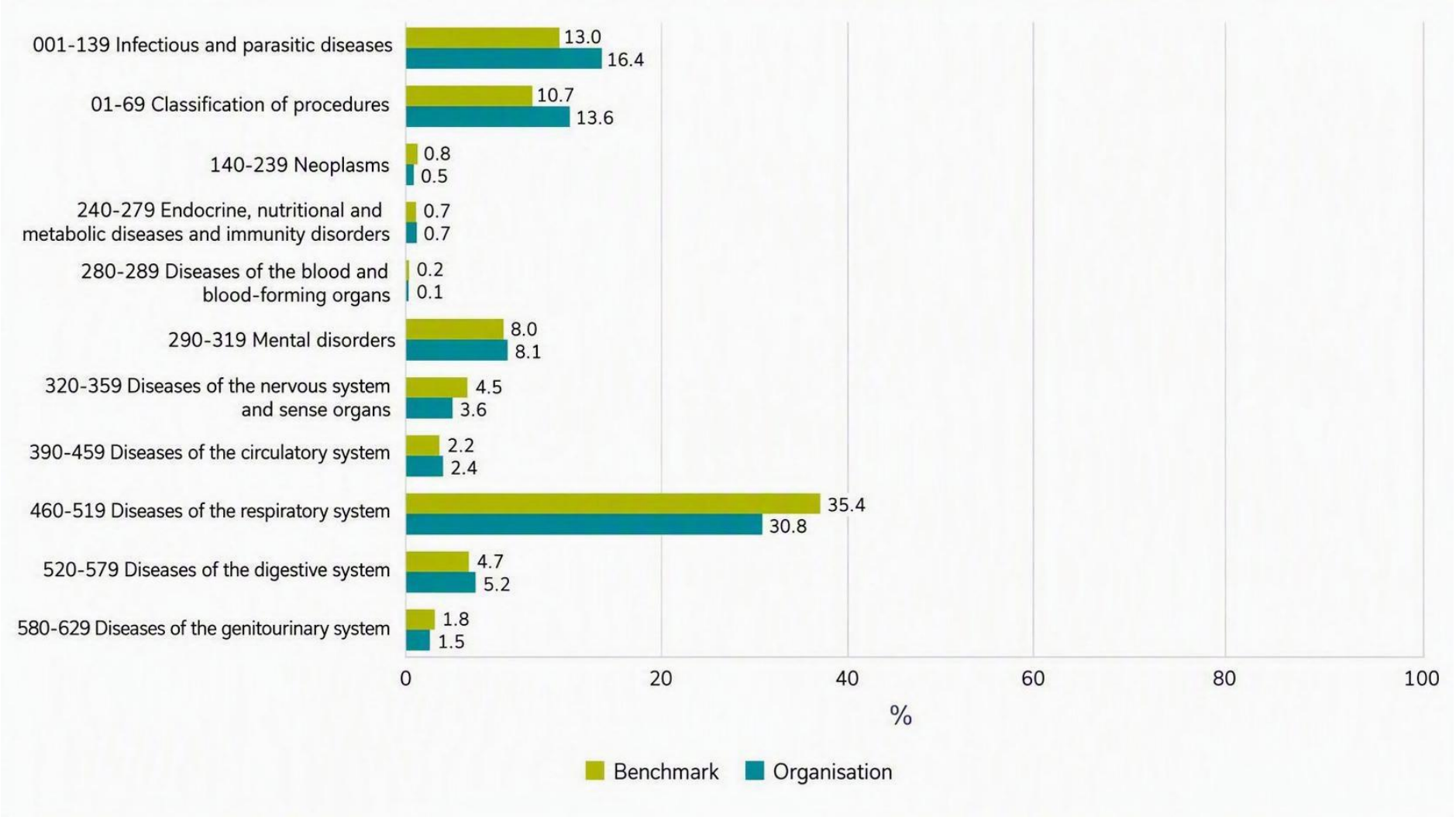
5.1 Reported sickness absence

Distribution of employees with or without at least one reported absence in the 12 months preceding the medical examination

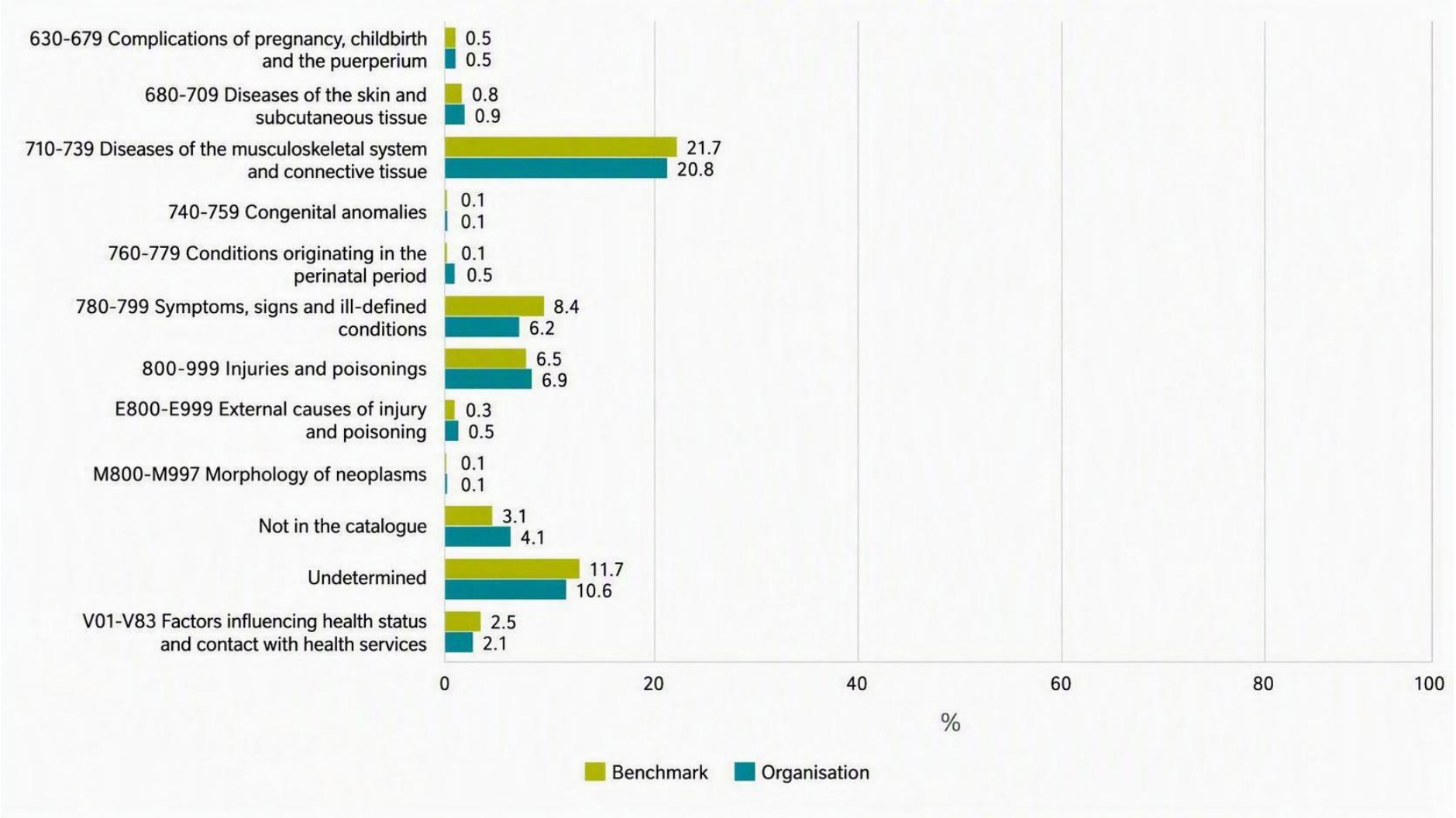


Sickness absenc ?	Number of emp Benchmark	Number of emp Organisation
With	123.760	10.444
Without	94.191	6.884
Total	**217.951**	**17.328**

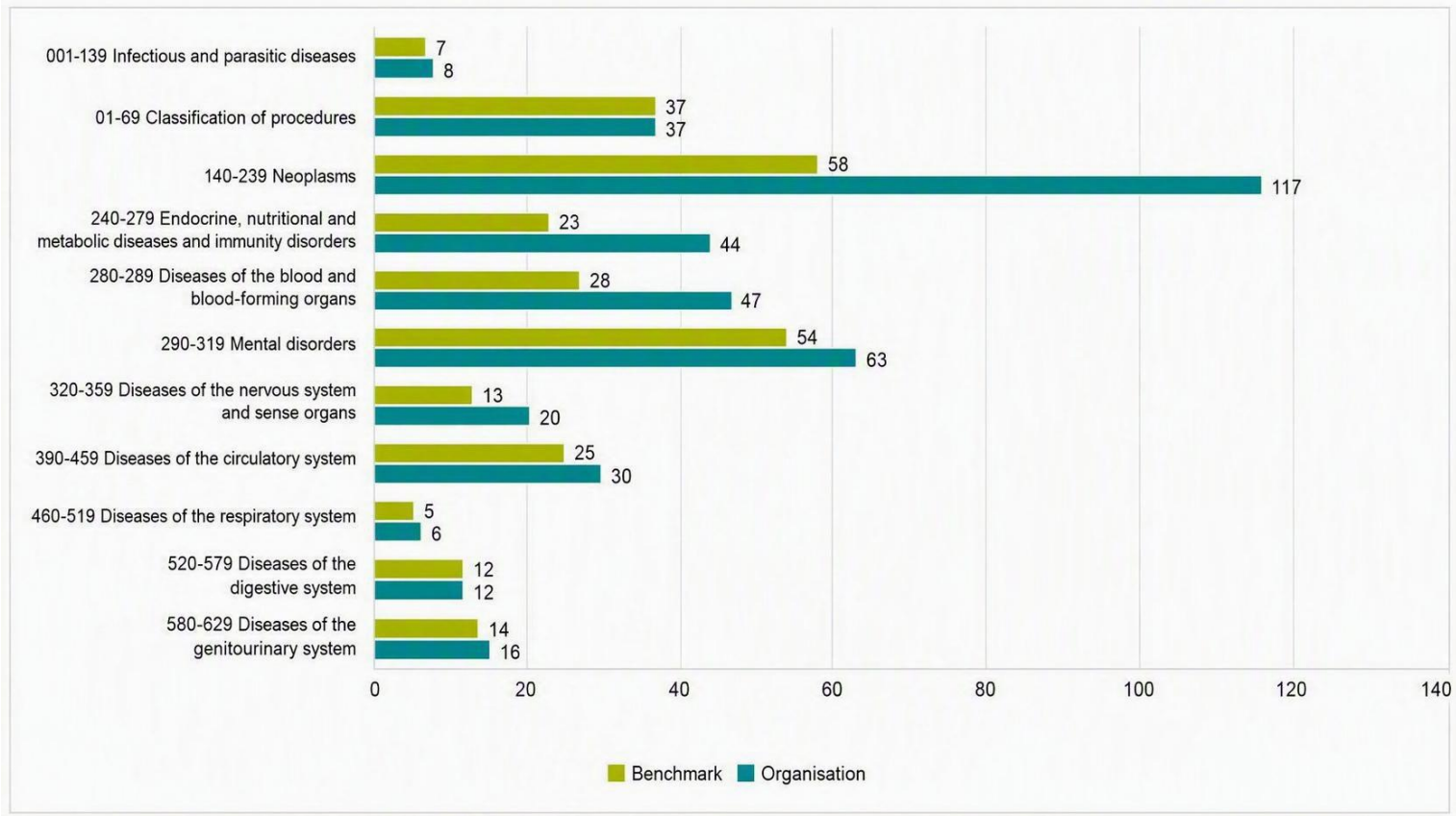
5.2 Distribution of reported reasons for sickness absence by ICD-9-CM categories



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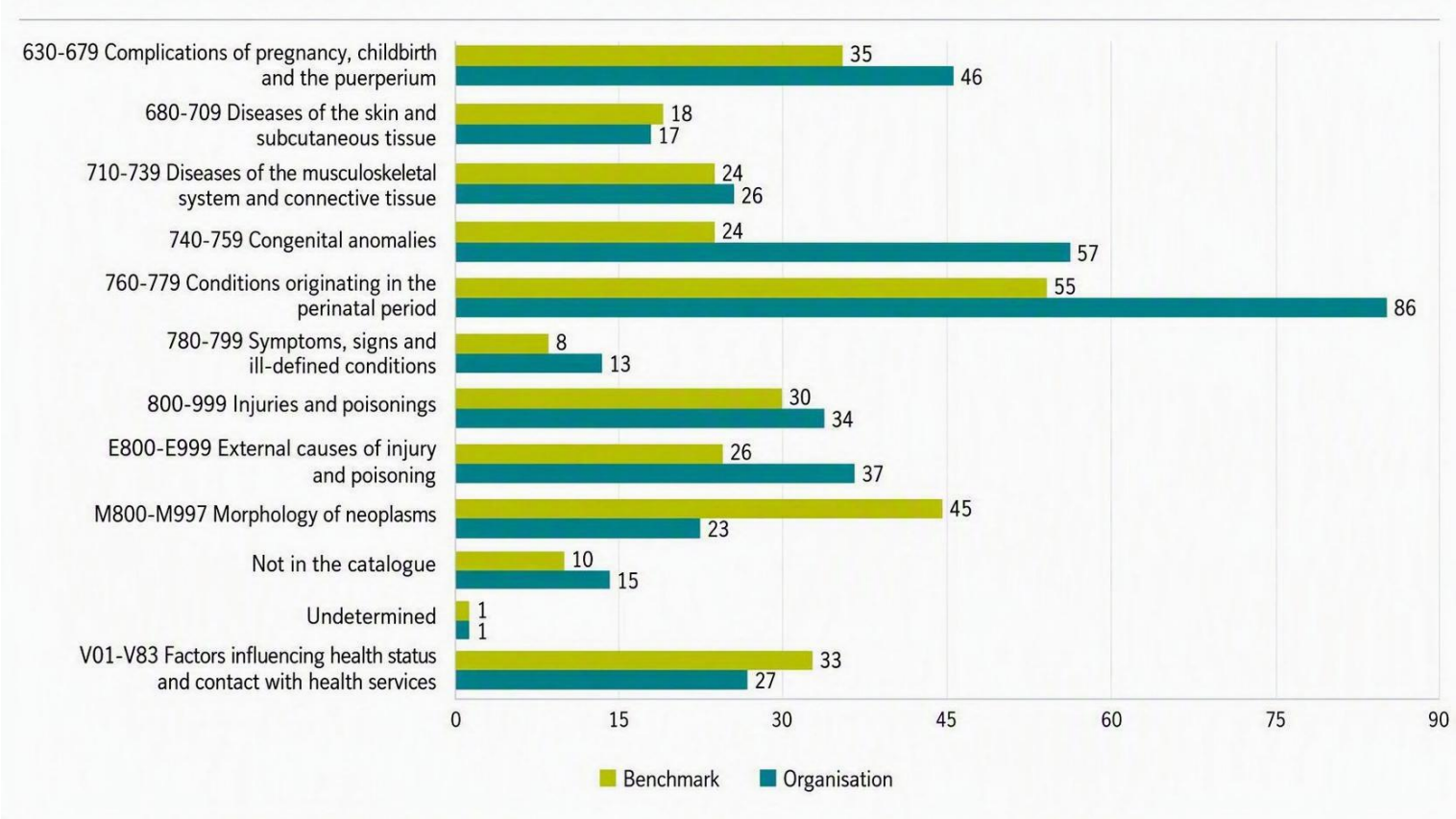


5.3 Average number of sick days per registered ICD-9-CM category



Denominator: number of sickness periods of a given ICD9-CM category

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Denominator: number of sickness periods of a given ICD9-CM category

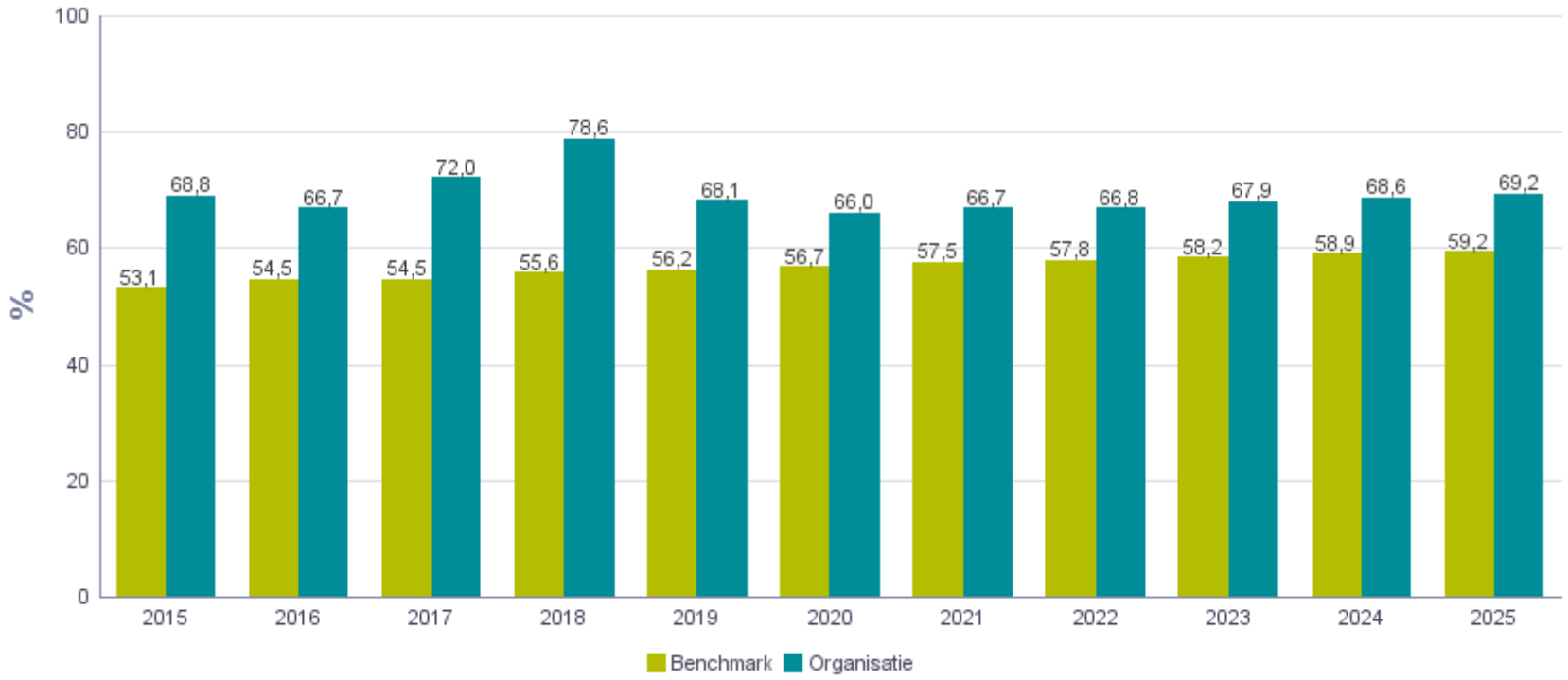


6. Evolution of selected health indicators

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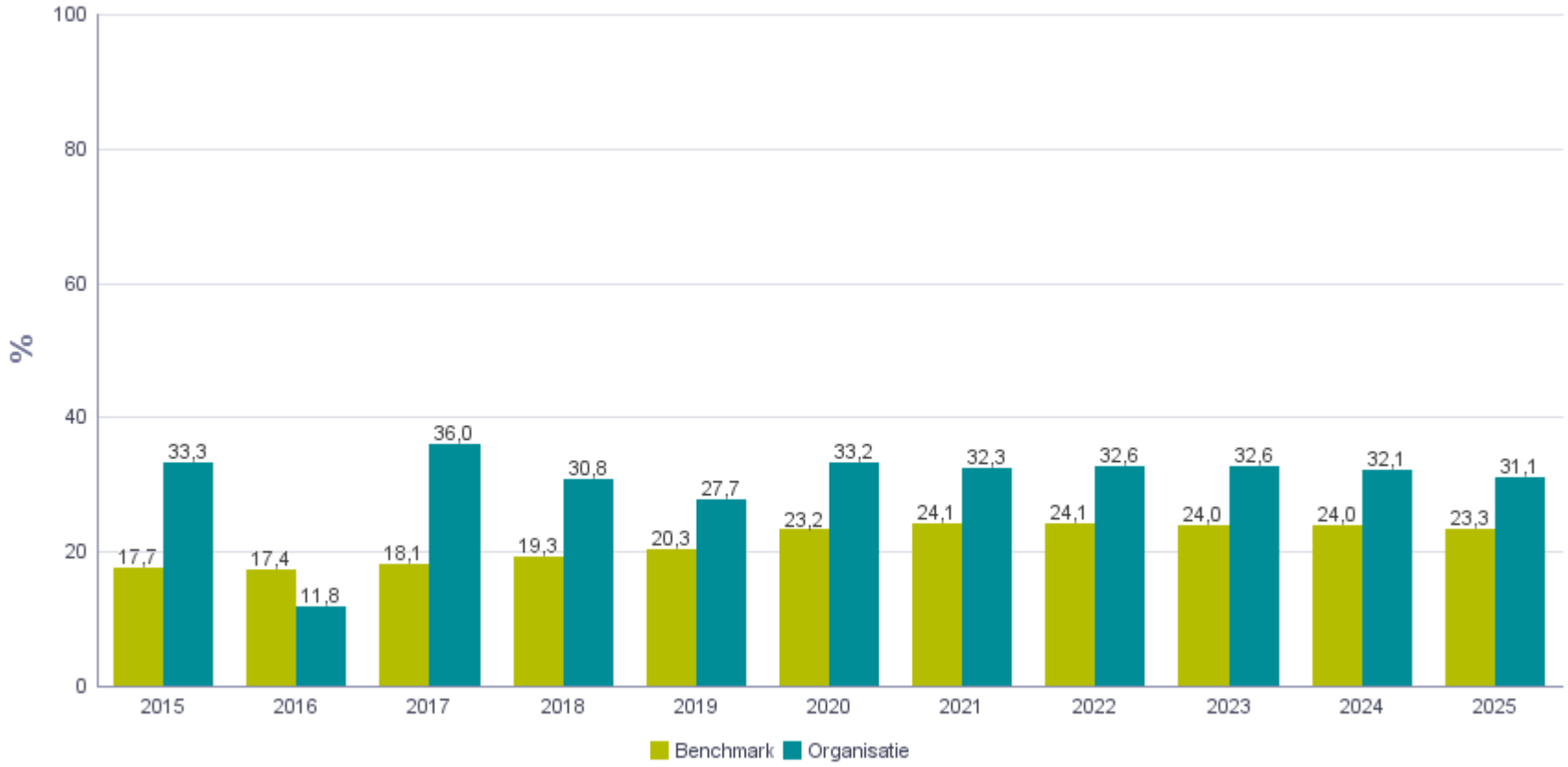
6.1 Evolution of Body Mass Index

Percentage of employees with a BMI >= 25 per year



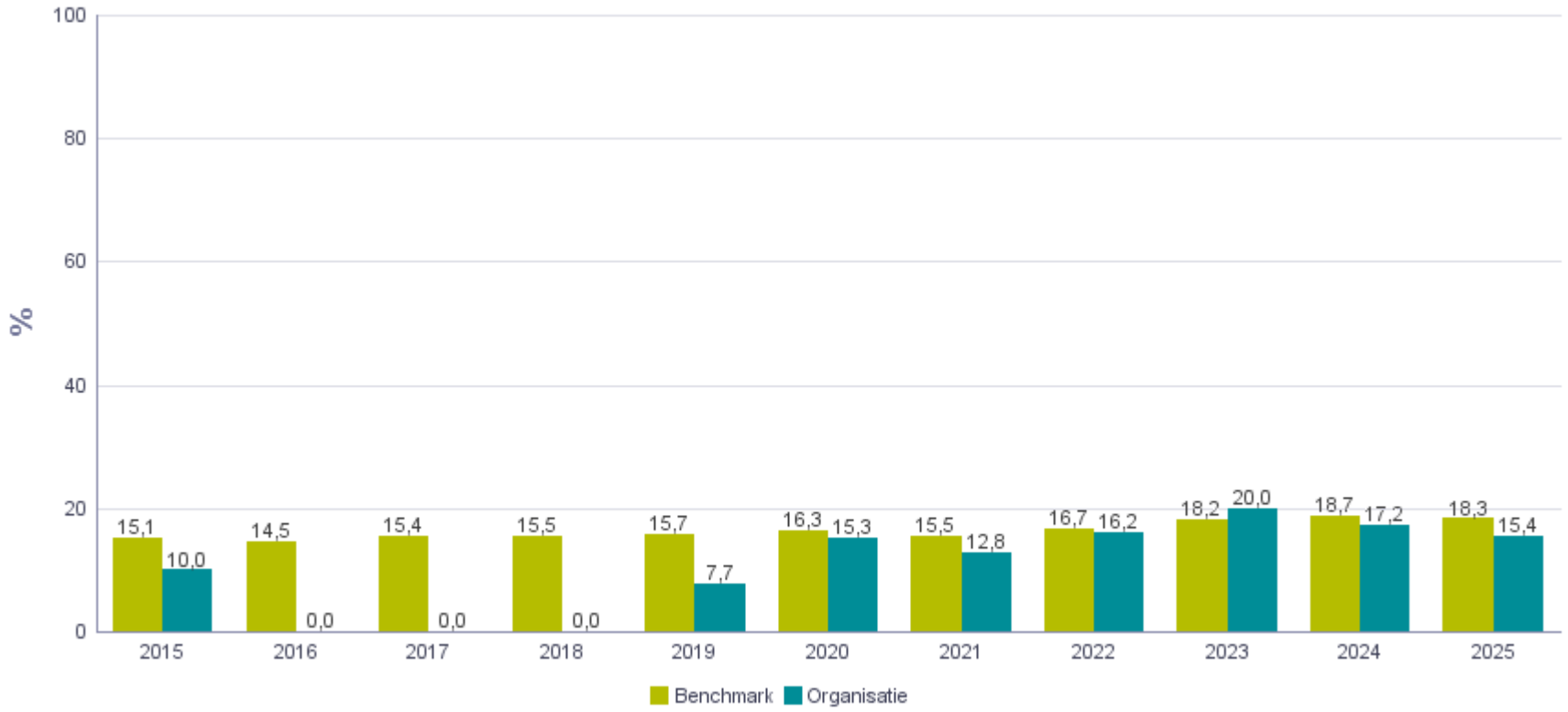
6.2 Evolution of Hypertension

Percentage of employees with hypertension (diastolic and/or systolic) per year



6.3 Evolution of abnormal lung function

Percentage of employees with abnormal lung function* per year



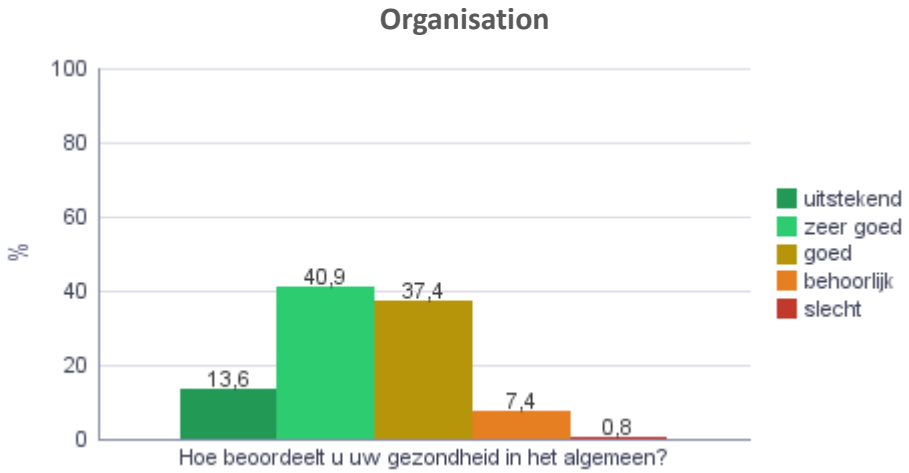
*** Abnormal lung function = FEV1% < 80% and/or FVC% < 80% and/or Tiffeneau < 70**

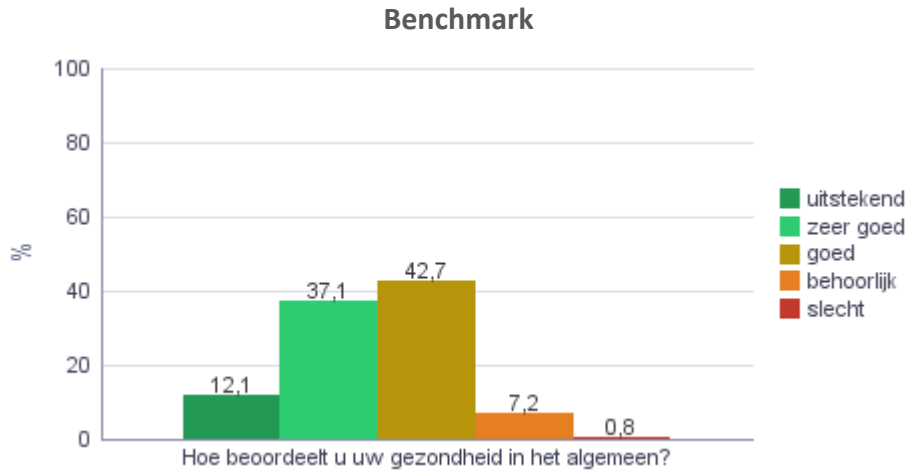


Questionnaire

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Rating of general health



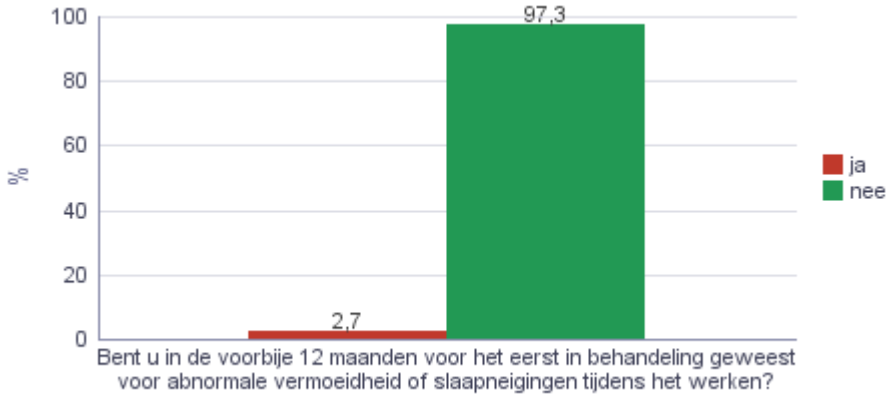


	How do you rate your health in general?
excellent	1.779
very good	5.358
good	4.908
fair	968
poor	102
Total	**13.115**

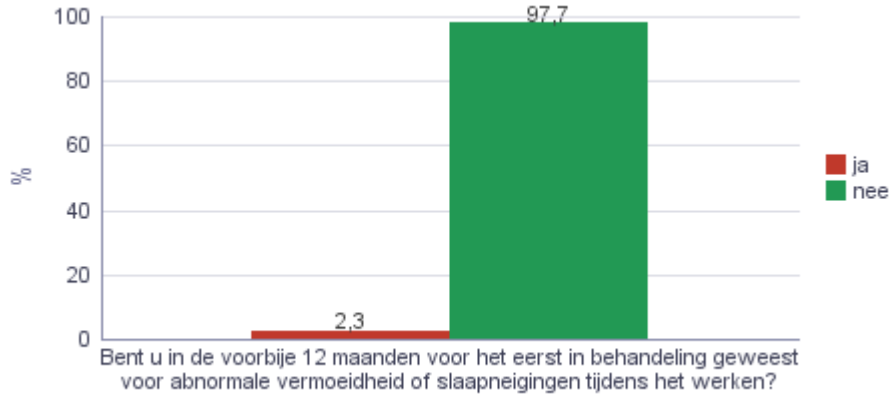
	How do you rate your health in general?
excellent	1.155
very good	3.529
good	4.064
fair	682
poor	77
Total	**9.507**

Treated for abnormal fatigue?

Organisation



Benchmark

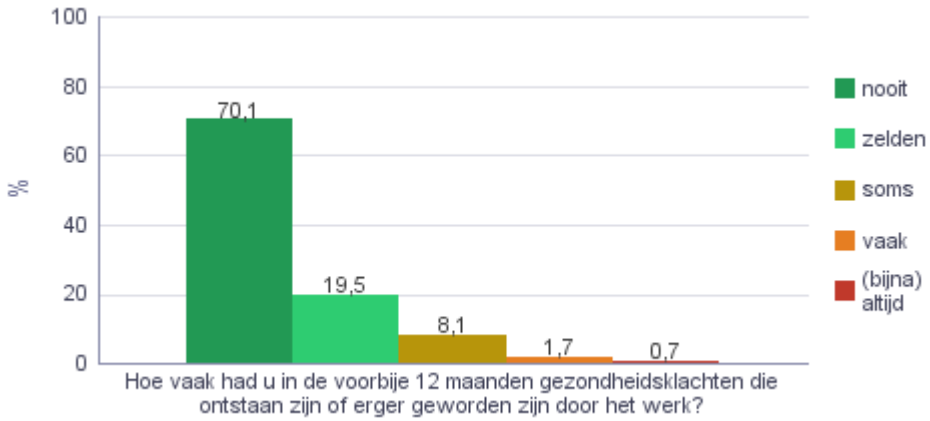


	In the past 12 months, were you treated for the first time for abnormal fatigue or sleepiness while working?
yes	350
no	12.514
Total	**12.864**

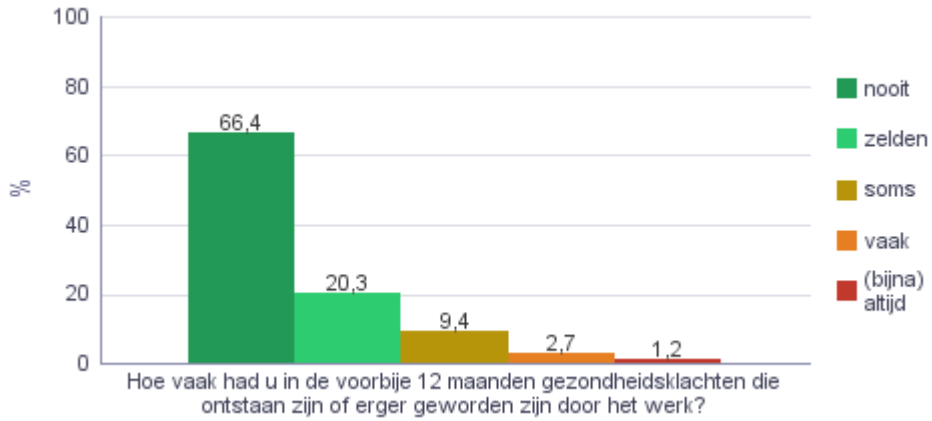
	In the past 12 months, were you treated for the first time for abnormal fatigue or sleepiness while working?
yes	216
no	9.149
Total	**9.365**

Health complaint caused by work?

Organisation



Benchmark

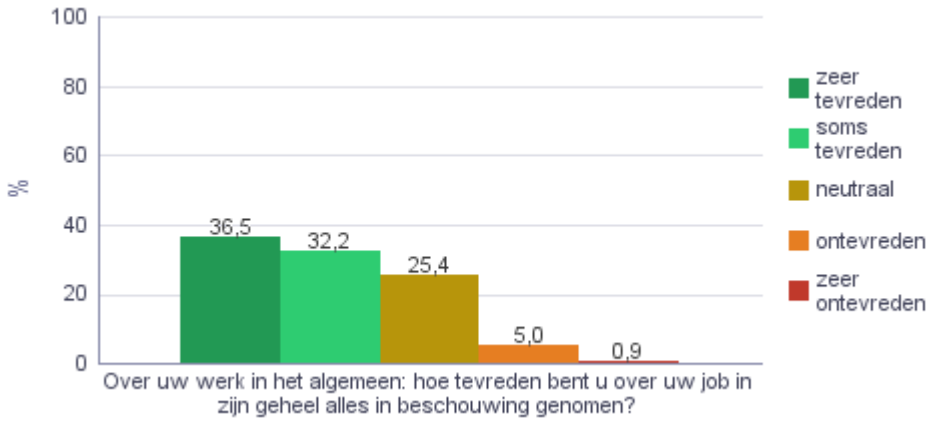


	How often in the past 12 months did you have health complaints caused or made worse by work?
never	9.147
rarely	2.549
sometimes	1.054
often	218
(almost) always	88
Total	**13.056**

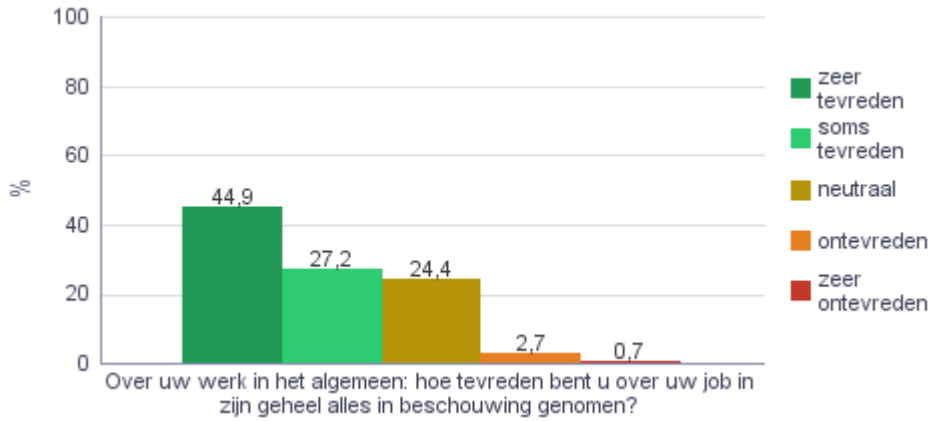
	How often in the past 12 months did you have health complaints caused or made worse by work?
never	6.310
rarely	1.928
sometimes	896
often	255
(almost) always	112
Total	**9.501**

Satisfaction with work?

Organisation



Benchmark

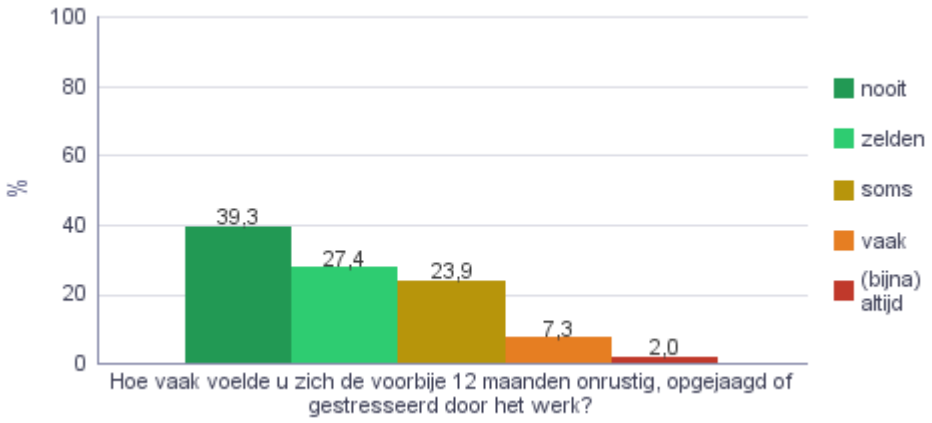


	About your work in general: how satisfied are you with your job as a whole, all things considered?
very satisfied	4.789
somewhat satisfied	4.221
neutral	3.333
dissatisfied	660
very dissatisfied	124
Total	**13.127**

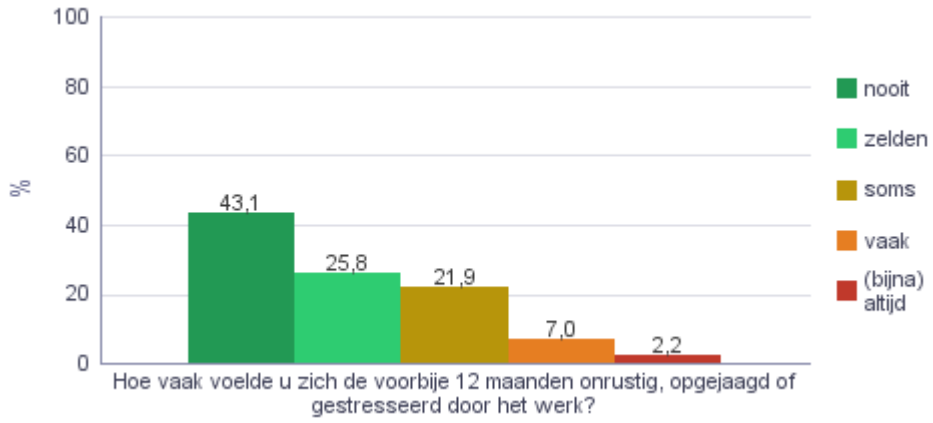
	About your work in general: how satisfied are you with your job as a whole, all things considered?
very satisfied	4.271
somewhat satisfied	2.588
neutral	2.323
dissatisfied	257
very dissatisfied	67
Total	**9.506**

Restless, rushed, stressed due to work?

Organisation



Benchmark

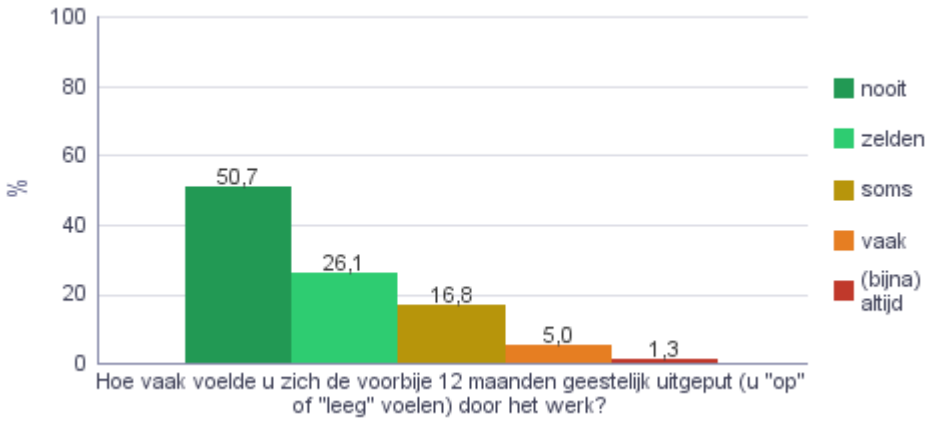


	How often in the past 12 months did you feel restless, rushed or stressed because of work?
never	5.162
rarely	3.602
sometimes	3.131
often	962
(almost) always	268
Total	**13.125**

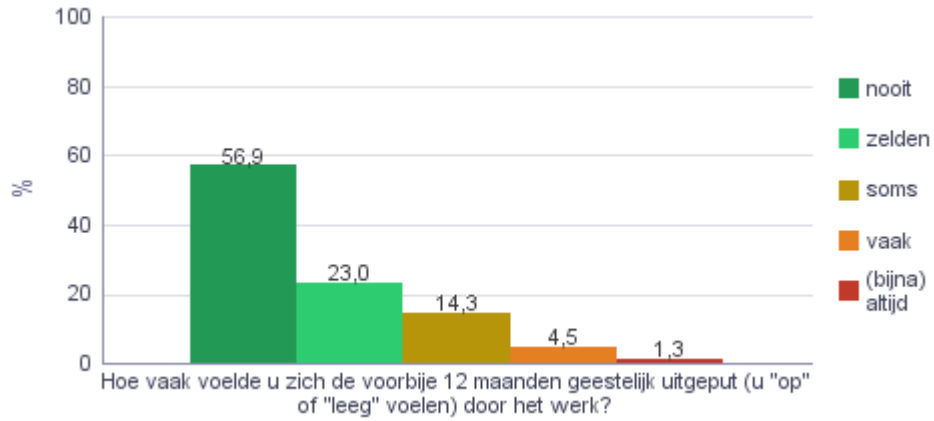
	How often in the past 12 months restless, rushed or stressed because of work?
never	4.118
rarely	2.464
sometimes	2.088
often	671
(almost) always	208
Total	**9.549**

Mentally exhausted due to work?

Organisation



Benchmark

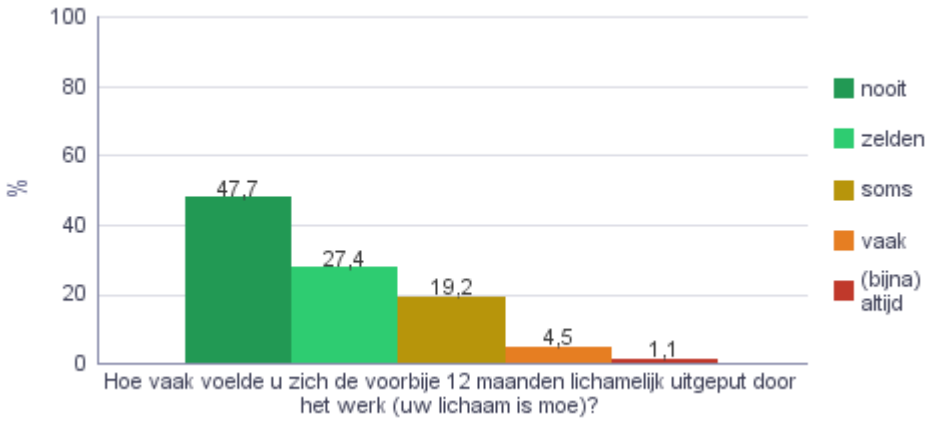


	How often in the past 12 months did you feel mentally exhausted (feeling "used up" or "empty") bec work?
never	6.639
rarely	3.417
sometimes	2.202
often	655
(almost) always	174
Total	**13.087**

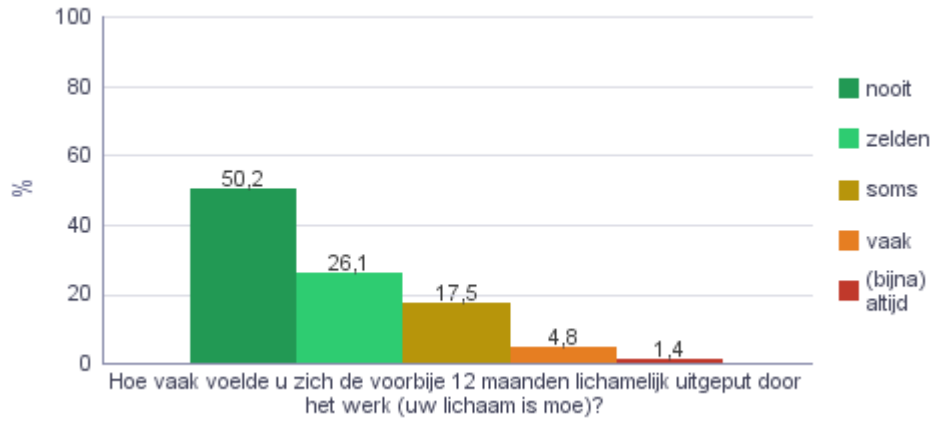
	How often in the past 12 months mentally exhausted (feeling "used up" or "e because of work?
never	5.412
rarely	2.187
sometimes	1.361
often	425
(almost) always	124
Total	**9.509**

Physically exhausted due to work?

Organisation



Benchmark

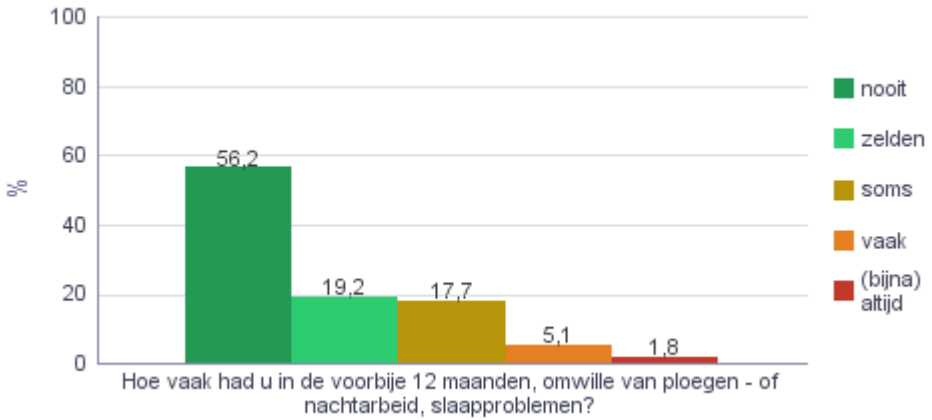


	How often in the past 12 months did you feel physically exhausted because of work (your body is tired)?
never	6.274
rarely	3.603
sometimes	2.528
often	591
(almost) always	147
Total	**13.143**

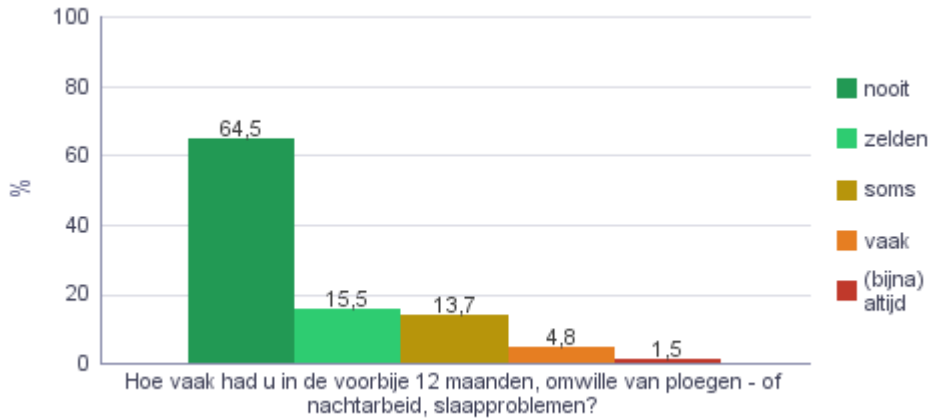
	How often in the past 12 months physically exhausted because of work (your body is tired)?
never	4.785
rarely	2.493
sometimes	1.667
often	459
(almost) always	134
Total	**9.538**

Sleep problems due to shift or night work?

Organisation



Benchmark

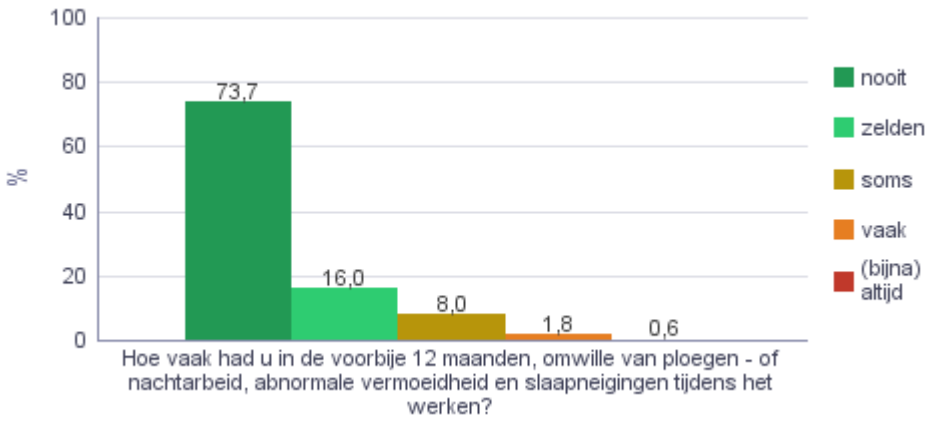


	How often in the past 12 months did you have, because of shift or night work, sleep problems?
never	7.360
rarely	2.515
sometimes	2.316
often	670
(almost) always	232
Total	**13.093**

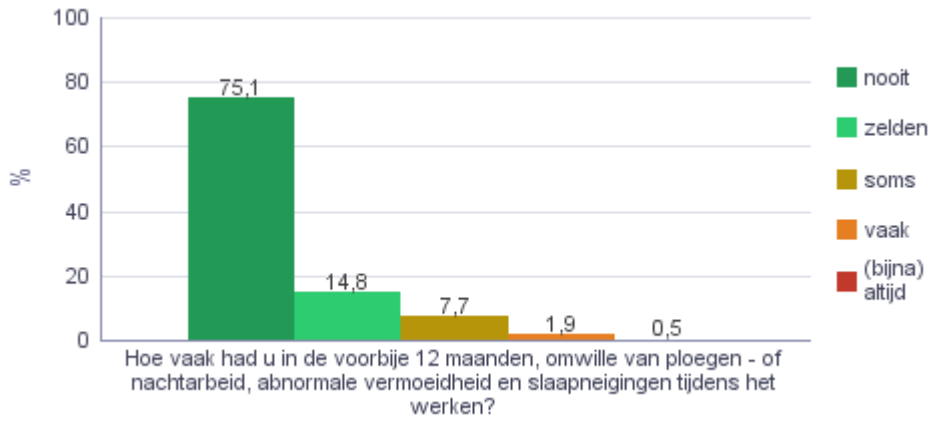
	How often in the past 12 months did you have, because of shift or night work, sleep problems?
never	6.116
rarely	1.470
sometimes	1.297
often	456
(almost) always	147
Total	**9.486**

Abnormal fatigue due to shift or night work?

Organisation



Benchmark

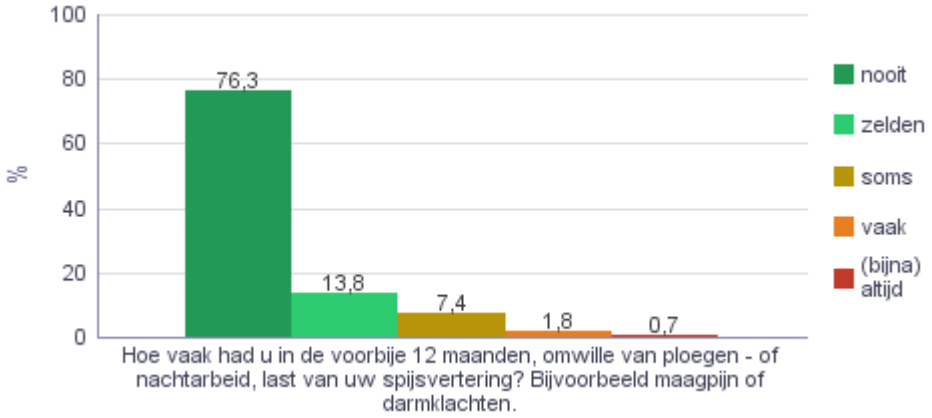


	How often in the past 12 months did you have, because of shift or night work, abnormal fatigue and sleepiness while working?
never	9.592
rarely	2.085
sometimes	1.036
often	232
(almost) always	78
Total	**13.023**

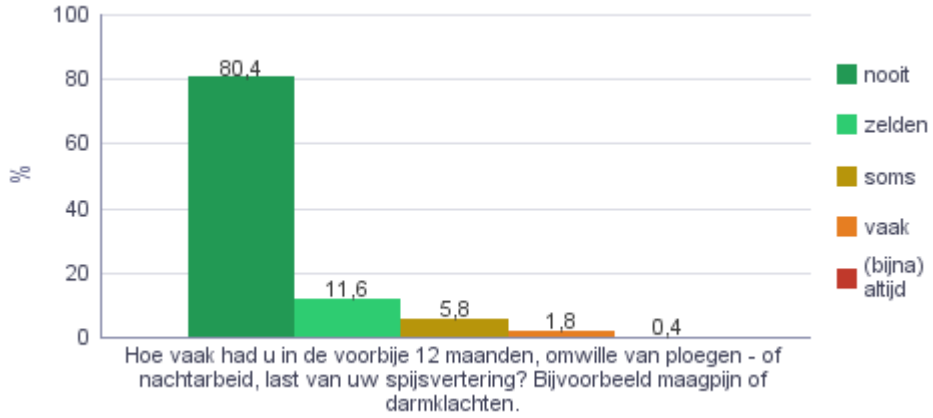
	How often in the past 12 months did you have, because of shift or night work, abnormal fatigue and sleepiness while working?
never	7.117
rarely	1.405
sometimes	725
often	181
(almost) always	46
Total	**9.474**

Digestive problems due to shift or night work?

Organisation



Benchmark



	How often in the past 12 months did you have, because of shift or night work, problems with your digestion? For example stomach pain or bowel complaints.
never	9.932
rarely	1.795
sometimes	961
often	238
(almost) always	88
Total	**13.014**

	How often in the past 12 months did you have, because of shift or night work, problems with your digestion? For example stomach pain or bowel complaints.
never	7.596
rarely	1.095
sometimes	549
often	171
(almost) always	38
Total	**9.449**

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OPTIMISING WORK ENVIRONMENTS



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