

Promoting Worker Health

At LDC, we recognize that the wellbeing of our workforce is critical for the success of our business. We have embarked on a journey to promote our team's physical and mental health based on three pillars with specific activities and programs:



General wellness

Smoking reduction programs; regular medical check-ups; expert nutritional advice; healthy food promotion at our offices, cafeterias and nursing rooms.



Physical wellbeing

Fit for duty exams, performed with new workers, to establish if they are a good fit for the job; LDC Runners challenges; ergonomics training for both remote and physically present employees; promotion of physical activities through gym membership discounts or subsidies.



Emotional wellbeing

External mental health expert support; healthy sleep, social wellness and other wellbeing programs; employee and family assistance