

## ■ Distribution of the Health Newsletter

To raise health awareness, our public health nurses regularly distribute the "Health Newsletter" using the company's chat-based communication tool.



Cancer Screening

Heat Stroke

Cerebrovascular Disease

## ■ Management and Employee Training

We regularly conduct training to improve labor productivity.



Line Care Training [Managers and Supervisors]  
(May 25, 2023)



Self-Care Video Training [All Employees]  
(June 30, 2023)

## ■ Activities Related to Dietary Habits

To ensure our employees can work healthily, we provide nutritionally balanced meals with a daily changing menu.



Cafeteria (Headquarters Plant)

Weekly Menu

## ■ Activities Related to Exercise Habits

We have been certified as a Toyohashi Health Declaration Office and have conducted gait analysis and muscle training events to help prevent fall-related accidents.



Gait Analysis Event



Iliopsoas Muscle Training Event



Toyohashi Health Declaration office certification

Standalone: Musashi Seimitsu Industry Co., Ltd.

■ Regular Health  
Checkup

		Unit	2021	2022	2023
1	Response rate to Health examination	%	100	100	100
2	Follow-Up Rate for Individuals with Abnormal Findings	%	100	100	100
3	Response rate to Detailed Examination (Re-examination)	%	30.4	27.0	31.0

■ Stress  
Assessment

		Unit	2021	2022	2023
1	Stress Check Participation Rate	%	96.2	95.0	97.1
2	Rate of High-Stress Individuals	%	16.6	16.4	16.6

■ Organizational  
Performance

		Unit	2021	2022	2023
1	Presenteeism (an indicator that shows the state where individuals are unable to perform at their full potential (100%) due to illness or injury)	%	—	—	73.4
2	Absenteeism (average number of days missed due to personal illness or injury)	Day	—	—	2.07
	Number of People Measured	Person	—	—	682
	Response Rate	%	—	—	56.8