
WORKPLACE HEALTH & WELLBEING POLICY

Purpose

endeavours to be a healthy workplace, mentally, physically and emotionally, it:

- Recognises the importance of implementing workplace health and wellbeing initiatives to assist with preventing poor health and lifestyle related diseases
- Is committed to providing employees with a safe, healthy and supportive environment in which to work
- Will commit to providing a supportive workplace culture where healthy lifestyle choices are valued and encouraged
- Is committed to supporting and encouraging workers to participate in a range of health and wellbeing initiatives and activities

Scope

This policy applies to all employees of .

Policy

is committed to providing opportunities to employees to help encourage and support health and wellbeing within using the following objectives and strategies:

- Encourage employees to be more physically active by making provisions in the workplace for activity opportunities (including reducing sitting time where practical)
 - Provide healthy eating and drinking choices in the workplace through addressing healthy physical settings and education
 - Educate employees about the importance of leading a healthy and active lifestyle in order to prevent chronic disease
 - Provide awareness to employees about safe alcohol consumption and the health effects of smoking and other drugs and being fit for work
 - Promote awareness of key health issues for employees (including social and emotional wellbeing)
 - Encourage employees to provide input into health and wellbeing initiatives
 - Promote and encourage participation in workplace health and wellbeing initiatives
 - Raise awareness within the workplace of the issues that impact on health and wellbeing and what to do about them i.e. R U OK? Day, Cancer council
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Roles and Responsibilities

Employees are responsible to:

- Read, discuss and understand this policy and seek clarification from management where required
- Consider this policy whilst completing work-related duties when representing
- Support fellow workers in their awareness of this policy
- Support and contribute to aim of providing a healthy and supportive environment for all workers
- Seek management support for any initiative or to seek help or assistance in ensuring your own or fellow employee's health and wellbeing

Management is responsible to:

- Ensure that all employees are made aware of this policy
 - Actively support and contribute to the implementation of this policy
 - Provide support to employees who want to take part in an initiative and/or need support for their own personal health and wellbeing journey
 - Be open to employee's needs for assistance and support in different areas of their emotional, physical and mental health
 - Seek further information from HR
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