
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

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

- 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

Refer to the 'Find Help_ Information sheet' for contact details of providers who can assist with various issues and situations.
