



Workplace **Wellness** Program

Landscape Queensland is pleased to announce the launch of our Industry Workplace **Wellness** Program.

The construction industry, including landscape construction, has been identified as a **“high Risk”** industry when it comes to the health and wellbeing of its workers. High rates of smoking, alcohol & drug use and poor nutrition can not only have negative effects on the individual but also on the business which employs them.

Studies have shown that a focus on improving the workplace wellness of employees can improve productivity, reduce staff absenteeism, assist safety on site and even improve employee retention rates.

As the peak body for the Landscape Industry in Queensland we believe it is vital that the health and wellbeing of all participants in this industry is addressed.

The nature of this program is to create an awareness of the health issues in our industry and distribute relevant information, support tools and contacts providing additional support to employers which they can use and also pass on to their employees.

Our overall goal is to develop appropriate industry specific policy and to provide member businesses with the knowledge and tools enabling them to implement programs which assist the health and wellbeing of their employees at the same time improving the productivity, safety and culture of their business.

It all starts with the business owner though and over the next 6 months LQ will be sending you regular updates full of information, links to websites and apps to use as well as some workshops targeting various health risk factors.

The first topic we'll look at is smoking followed by alcohol/drug consumption in June/July and nutrition in August/September. Sun safety and mental wellbeing will also be included.

Wednesday 13 th May	Thursday 16 th July	Wednesday 9 th September
Quit for Life & Breathe Easier	Alcohol & Drugs	Eat Well to be Well

These measures can tie in extremely well with your existing workplace health and safety policies and procedures and enable you to support and retain your most valuable asset – your staff.

Keep all the information together!

Create an inbox folder called **Workplace Wellness Program** right now and then move the bulletins to that folder so you have all the information handy in one easily accessible place.



Discuss the information below with your staff to get the ball rolling!

Workers in the landscape construction industry have been identified as having a high risk profile in relation to their general overall health. Risk factors include **S**moking, **N**utrition, **A**lcohol, **P**hysical inactivity and **O**verweight & Obesity (SNAPO) and whilst most workers would have a high level of daily activity compared to say sedentary office workers, depending on your particular job role you may not get as much as you think.

Health Profile of a Queensland Man

SMOKING

1 in 6 men are smokers and are 20% more likely to be daily smokers than women. Leading causes of death for men are:-

- Cancer and respiratory disease (including coronary heart disease, stroke, dementia and lung cancer)
- Diseases of the circulatory system

NUTRITION

Only 7% of Queensland men eat the recommended intake of 6 serves of vegetables daily with 50% eating the recommended 2 serves of fruit each day.

ALCOHOL

Almost a quarter of Queensland men (24%) drink more than 4 drinks on any one occasion each week, putting them at risk of an alcohol related injury.

PHYSICAL INACTIVITY

Around 60% are doing enough physical activity for health benefits but you are not as active as you think!

OVERWEIGHT & OBESITY

A staggering 65% are overweight or obese and more likely to be so if indigenous resulting in a life expectancy of 79 years (or 69 if indigenous).

The most important reason to stay safe and healthy at work is for yourself and your family. Whilst the health of Queenslanders is generally good, chronic diseases such as those listed above cut short the lives of far too many people. It is never too late to make a positive change. We encourage you to discuss the information provided in this program with your staff and highlight the need to take worker health and well-being seriously.

Next Time

We'll take a look at the reasons to quit smoking and the support available to do so.

Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier.Happier.Workplaces. Initiative
Healthier. Happier. Workplaces

For more information visit www.landscapequeensland.com.au/healthier-happier-workplaces/healthier-happier-workplaces-123256835

Some of the information contained in this email was sourced from <http://workplaces.healthier.qld.gov.au/public-resources/health-profiles/>

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