



Workplace *Wellness* Program

Workers in the construction industry (including landscape construction) have indicated they perform poorly when it comes to following a proper diet. Being a male dominated industry coupled with limited on site food preparation/storage facilities often leads to poor food choices at the local bakery or fast food outlet.

August is Tradies Health Month – so let's explore some simple ideas your business can implement to encourage workers to make small changes to their diet which can add up to improved health as well as the flow on effect to your business of less absenteeism and greater productivity.

If your business has staff on worksites each day -

- consider providing an 'esky' for your staff complete with cold bricks to encourage safe storage of healthy food items, particularly in Summer. Could be a small one for each staff member or a larger one kept on the ute for all staff on site that day to use.
- for longer term jobs with a permanent site office, refrigerated food storage facilities could be made available
- each week a selection of fruit could be made available
- provide an insulated water container with a tap or bottled water on each job site
- share nutritional information in this Workplace Wellness Program with staff on a regular basis

Encourage staff to utilise these initiatives rather than heading to the nearest fast food outlet at break times - improvements can be made with small choices to start with and if everyone encourages each other it's easier to have your team working together to achieve the same health goals.

If your business has a traditional office environment -

- ensure adequate refrigerator space is available for staff to store their lunch each day
- provide a microwave oven for safe reheating of meals
- consider a fridge with a water filter or provide a water cooler stand elsewhere in the office
- provide a selection of fruit each week for staff to enjoy
- consider removing vending machines with unhealthy items
- share nutritional information in this Workplace Wellness Program with staff on a regular basis

Assistance is Available

There are lots of resources and ideas available to assist you support and encourage your employees to make positive change - try these:-

- Provide employees with information about healthy food choices
- Develop a healthy food and drink workplace policy including a healthy catering policy
- Encourage employees to talk to their doctor and/or an accredited practising dietician about their weight - <http://daa.asn.au/for-the-public/find-an-apd/>
- Encourage employees to use the FREE Qld Government's [Get Healthy Information and Coaching Service](#)

- Sign your business up to Healthier.Happier.Workplaces workplaces.healthier.qld.gov.au/ for detailed information on implementing a Workplace Wellness Program into your business
- Sign your business up to QUEST quest.org.au/ for detailed information and resources across a range of health related issues
- Visit Australian Government's website www.shapeup.gov.au/reasons-to-shape-up
- Visit Eat For Health website <http://eatforhealth.gov.au/>

Next time we will look at how targeting workers lifestyle choices can see an improvement in their overall wellbeing including mental health.

Parts of this information were reproduced from:-

www.workplaces.healthier.qld.gov.au <https://www.worksafe.qld.gov.au/injury-prevention-safety/health-and-wellbeing-at-work/work-health-in-key-industries-and-sectors/health-status-of-the-construction-industry> <http://qofor2and5.com.au>
http://eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55g_adult_brochure.pdf <http://eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

More information can be found at <http://www.landscapequeensland.com.au/healthier-happier-workplaces/healthier-happier-workplaces-nutrition>

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