



Healthy workplace information for workplaces

Q: Where can I find information about building a workplace health and wellbeing program?

The Healthy Workers - Healthy Futures resources are available to any workplace interested in the creation of a culture and environment of health for their staff.

These are accessible from SA Health's website at: www.sahealth.sa.gov.au/healthyworkers

Some of these resources include:

- The Step by Step Guide to Developing your health and wellbeing program **Toolkit**, including templates and tools that can be personalised to suit your workplace (hard copies of the toolkit can be ordered or downloaded online)
- **Case studies** from a range of South Australian workplaces and industries that have worked to build healthy workplaces using a range of strategies. Read about how workplaces have embraced healthy catering and on site food choices, initiated bike and other active travel programs and shaped health and wellbeing into business practices and strategic plans
- Additional free **workplace resources** for staff to support healthy eating, physical activity, smoking cessation and safe alcohol consumption.

These resources will support any workplace in writing health and wellbeing policy, developing training, events, and activities for staff, as well as support the creation of healthy environmental (facilities, equipment and spaces) change.

Several agencies, who hosted Healthy Worker Advisers from December 2012 to July 2014, have placed industry specific materials on their websites:

- Construction Forestry, Mining & Energy Union www.cfmeu.asn.au/branch/sa/campaign/work-to-live-live-to-work-where-do-you-fit representing the construction industry
- South Australian Council of Social Services www.sacoss.org.au/healthy-workers-healthy-futures working within the community and social services sector and the non-government community and social services sector.

Q: Are there other resources and support available to workplaces?

- Examples of Healthy Catering policy, guidelines and healthy food idea developed for the SA Local Government Association www.flinders.edu.au/sohs/sites/helpp/local-governments
- NCETA produce information for workplaces seeking to address Alcohol and other Drugs in the workplace www.nceta.flinders.edu.au/workplace/resources_and_publications
- The Quit SA website contains many resources on how to go smoke-free <https://www.cancersa.org.au/quitline/workplaces>
- The Mentally Healthy Workplace Alliance provides action planning tools to address and manage a mentally healthy workplace at www.headsup.org.au
- The Department of Planning, Transport and Infrastructure offer small active transport grants to community and workplace groups www.dpti.sa.gov.au/communityprograms/community_grants
- The Healthy Workplace Savings Calculator estimates the contribution of your health and wellbeing program to business gains (reduced absenteeism and turnover), at the National Healthy Workers portal www.healthyworkers.gov.au
- Find out about creating a safe, fair and healthy workplace at SafeWork SA www.safework.sa.gov.au and achieving a balance of work and social life at www.safework.sa.gov.au/worklifebalance

Q: Where can I find health and wellbeing services for employees?

There are often choices available to staff who are seeking to make healthy lifestyle changes. These include:

- *Get Healthy* free confidential Monday to Friday telephone information and coaching service. This is available to any South Australian adult wishing to make lifestyle changes in relation to healthy eating, being physically active and achieving and maintaining a healthy weight. Contact 1300 806 258 between 8am-8pm or visit the website www.getthehealthy.sa.gov.au for more information
- A range of healthy lifestyle advice and referral information is available at SA Health: Top Tips for Healthy Living www.sahealth.sa.gov.au/healthyliving
- Alcohol and Drug Information Service (ADIS), is a free confidential 24-hour telephone information, counselling and referral service 1300 13 1340, free resources are also available
- Find Quitline and QUITSA resources, to support workers to quit smoking at www.quitsa.org.au > Resources or contact the Quitline 13 7848
- Offer and communicate staff accessibility to Employee Access Programs (EAP); more information and providers can be found at www.eapaa.org.au
- Access local services by contacting local GP's, recreation and community organisations.

Awards and Recognition

For those workplaces with programs in place, consider searching for and applying for recognition of your health and wellbeing program

- Google key words: health and wellbeing, workplace wellness, awards, to find awards appropriate to your sector and program
- Contact your peak or regional association to see if they offer an award for workplace or employees.



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Further information

To access the toolkit, all of the tools, and associated resources required to plan, implement and evaluate your own workplace health and wellbeing program head to

Healthy Workers – Healthy Futures Initiative at

www.sahealth.sa.gov.au/healthyworkers

Contact information

Healthy Workers – Healthy Futures Initiative

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