

TOOLBOX TOPIC

HEALTHY WORKER= SAFER & MORE PRODUCTIVE WORKERS



INTRODUCTION

Workplaces are ideal for encouraging positive health behaviours, not just because of the significant amount of time we spend at work, but because workers can be incredibly encouraging and a great support base for those trying to improve their health.

COMPARISON OF AUSTRALIAN HEALTHY VS UNHEALTHY WORKERS

In 2005, Medibank Private commissioned a study of over 3500 Australian employees, the findings (tabled below) indicate that employers might be the likely benefactors of a health and wellbeing program but there is sound benefit in investing in employee health.

UNHEALTHIEST

- 18 days annual sick leave
- Self-rated performance 3.7 out of 10
- 49 effective hours worked (full time) per month
- High fat diet
- Low energy levels and poor concentration
- Obese or overweight
- Irregular sleep patterns
- Poor stress management techniques

VS

HEALTHIEST

- 2 days sick leave.
- Self-rated performance of 8.5 out of 10.
- 143 effective hours worked (fulltime) per month
- Healthy diet
- Fit, energetic and alert.
- Normal body weight.
- More attentive at work and better sleep patterns.
- Actively manage stress levels.

DATE:

/ /

SUPERVISOR/
MANAGER:

EMPLOYEE NAMES:

This toolbox talk is not to discriminate, it is not to victimise, it is to acknowledge that we care for our workers health and wellbeing in and out of the workplace. We spend 1/3 of our day here at work and is a opportunity for to consider how we can support and encourage good health within these hours with health.

If we treat health issues as a hazard these are some ways for us to reduce them in the workplace.

HEALTH HAZARD REDUCTION

-  **Start with a healthy breakfast**
-  **Do a 5 minute pre work stretch**
-  **Bring enough healthy food to fuel your body and mind**
-  **Drink 2L water per day - not sugary drinks**
-  **Be sunsmart – slip, slop, slap, wrap and seek shade**
-  **Get 6 - 8hrs sleep**
-  **Reduce nightly booze to 2 standard drinks and aim for 2 AFD per week**
(Alcohol Free Days)

QUESTIONS / ANSWERS TO GENERATE DISCUSSION

What can we do in our workplace to support our workers to be healthier workers?

Q/Any changes to physical workplace?

A e.g Water coolers, eskies, stand up desks, bike racks, health posters displayed

Q/Any policies , procedures, guidelines, rules or committees?

A/ e.g. alcohol and drug policy WHS committee

Q/ Any people activities?

A/ e.g onsite stretching, walking group, subis, dies gym membership, fruit supplied