

Work health

**Healthy Workers Initiative -
Supporting workplaces to promote
health and wellbeing**

Queensland Workplaces for Wellness Initiative

- Workplace Health & Safety Queensland (WHSQ): partnering with Queensland Health
- Part of the National Partnership Agreement on Preventive Health
- Chronic disease prevention through the workplace setting – SNAPO risk factors
- WHSQ focus on identified high-risk industries:
 - construction
 - transport and storage
 - rural and remote
 - Queensland Public Service

What make these industries high-risk?

Health status

- Prevalence of chronic disease risk factors
- Injury rates and workers comp. claims
- Cost/length/complexity of claims
- Large employer (QPS)

Industry factors

- Predominantly male
- Difficult to reach
- Long hours
- Sub-contracting arrangements

Benefits to the workplace

- Less absenteeism (sick leave)
- Less presenteeism (lost productivity)
- Reduced injuries and workers compensation costs
- Improved attraction and retention

Benefits to workers

- Increased alertness and decreased fatigue
- Improved ability to solve problems
- Improved health and wellbeing and lower health care costs
- Better team relationships
 - Happy, motivated and productive



What's your most important reason for workplace safety?

Work safe. Home safe.

worksafe.qld.gov.au
1300 369 915



Making worker health a priority

Workplace health and wellbeing initiatives

Aims to:

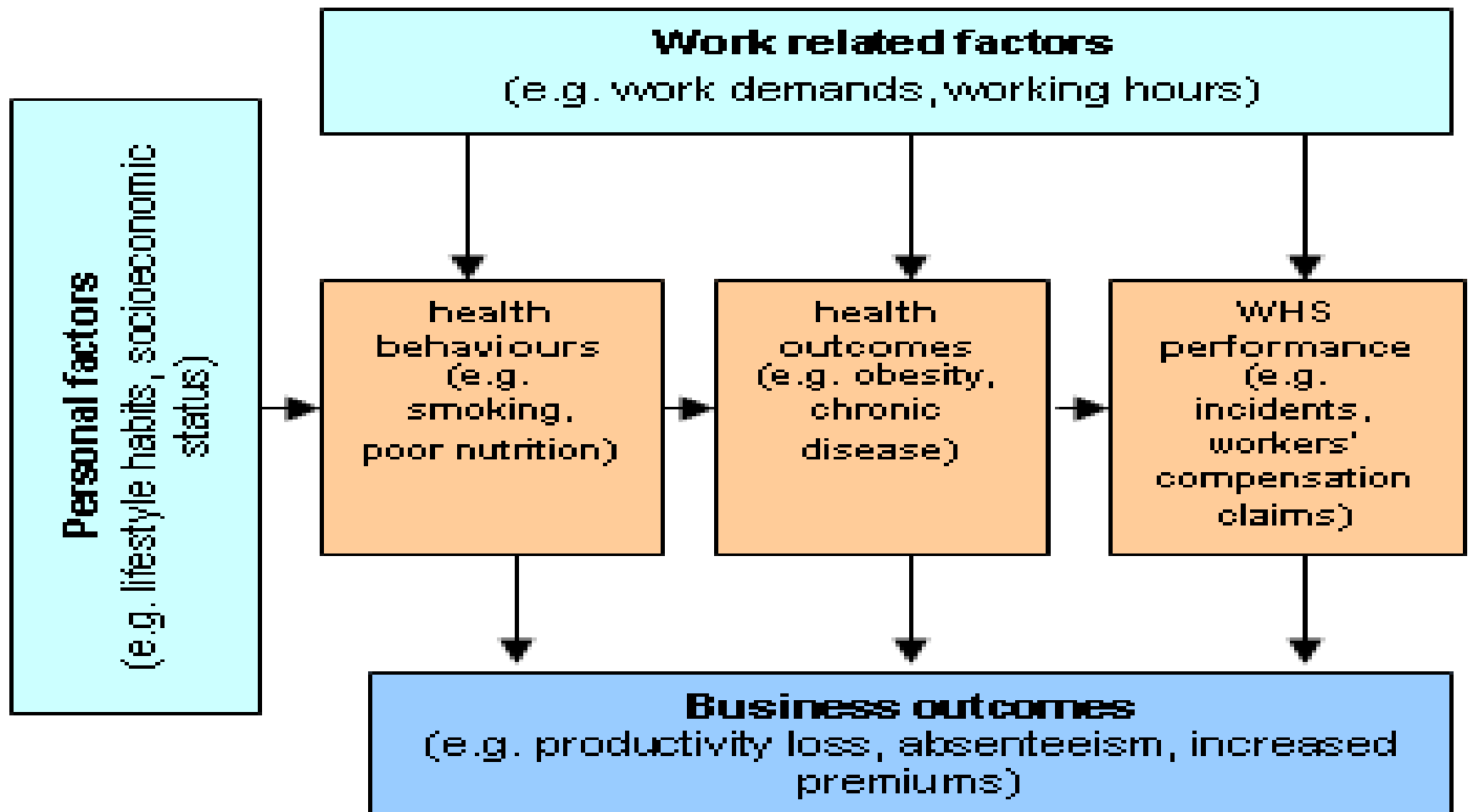
- Improve health of workers (positive business outcomes)
- Make healthy choices easy choices

Considers:

- Integrating within existing health and safety systems
- Work environment impact



Making worker health a priority

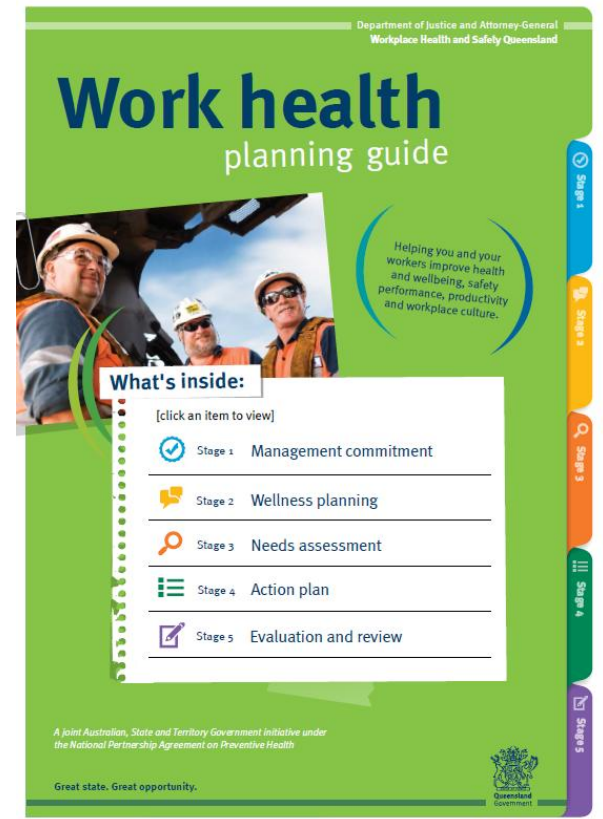


Work Related Risk Factors	Overweight & Obesity (Physical Inactivity/poor nutrition)	Smoking/ Alcohol
Job stress / lack of job control / time pressures (lack of time)	✓	✓
Shift work/sleep disturbances	✓	✓
Long work hours / lack of work-life balance	✓	✓
Lack of access and availability to store, obtain, and prepare health foods	✓	
Sedentary work	✓	
Organisational culture (e.g. lack of support for healthy lifestyles)	✓	
Workplace harassment		✓

What's available for workplaces?

Capacity building:

- Work Health Planning Guide (Information, tools and templates)
- Workplace health & wellbeing professional development workshops
- Health and wellbeing advisory service



What's available for workplaces?

Funding:

High-Risk Industry Work Health Funding Program

- Funding for workplace-based health and wellbeing initiatives
- Eligibility:
 - Must be from identified high risk industry
 - Workplace consortiums
 - Industry associations (who have the ability to influence good practice in their industry).
- Up to \$50,000

Round 2 to be released in August 2013

What's available for workplaces?

Funding:

Zero Harm at Work Leadership Program matched funding scheme

- Members of ZHAWLP
- Funding from \$5K to \$25K

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What's available for workplaces?

Programs:

- Workplace quit smoking program (QH)
- Get Healthy Information and Coaching service (QH)
- 10,000 Steps Workplace Challenge (CQU)



13 HEALTH (13 43 25 84)
Monday – Friday 8am – 8pm
www.gethealthy.qld.gov.au



What's available for workplaces?

Information:

- WHSQ Web page
<http://www.deir.qld.gov.au/workplace/healthyworkers/index.htm>
- eSafe industry newsletter
- Case studies/sharing learnings



What's coming for workplaces?

Department of Health:

- Webportal information and tools
- Employer recognition scheme
- Incentive funding



Thank You

For more information visit:

Workplace Health and Safety Queensland –
Work Health

<http://www.deir.qld.gov.au/workplace/healthyworkers/index.htm>

Questions?