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# Work health and wellbeing toolkit

Strengthen your business



1. Plan

2. Implement

3. Evaluate



Key  
resources

# Work Health and Wellbeing Toolkit

## Plan

- Management commitment
- Worker participation
- Setting up evaluation
- Assessing risks

### 1. Plan

Embed work health and wellbeing into your business systems and identify and assess risks.

### 2. Implement

Manage risks by implementing appropriate interventions and monitor them to make sure they are effective.

### 3. Evaluate

Evaluate the impact of embedding work health and wellbeing into your business systems and make improvements where and when to ensure sustainability.

# Healthy workplaces survey

## ▲ Work organisation



Commitment to work health and wellbeing (WHWB)?	Yes	No	Planning notes (possible actions, priorities, ideas)
Managers demonstrate and communicate their commitment to health, safety and wellbeing.			<i>e.g. Regular communication with workers via email/team meetings, walks the talk, training, work health and wellbeing included in decision making/reporting systems</i>
Managers are held accountable for implementing best practices to protect worker health, safety and wellbeing.			<i>e.g. WHWB elements included in key performance indicators, performance reviews and regular reports</i>

# Healthy workers survey

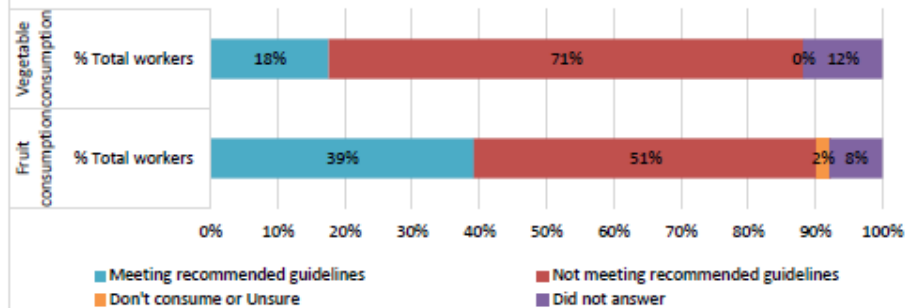
## Healthy Eating

Data in this section provides an indication of the proportion of participants who are meeting or not meeting nutrition guidelines.

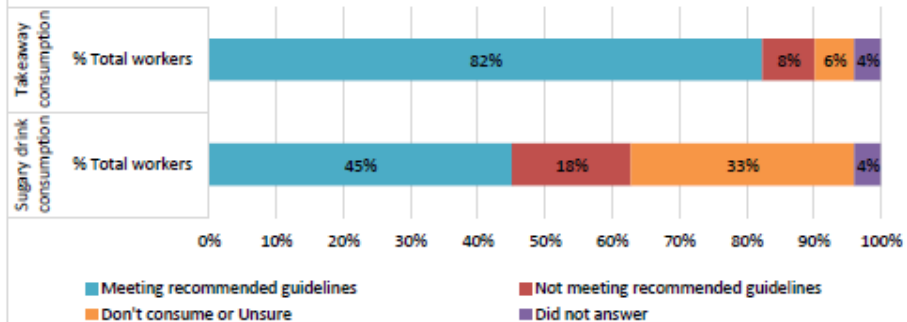
### The Australian Dietary Guidelines

- Fruit intake - 2 serves of fruit every day.
- Vegetable intake - 5 serves of vegetables every day.
- Discretionary food and drink - Limit intake of foods containing saturated fat, added salt, added sugars and alcohol once a week or less. This may include food and drink such as takeaway foods and sugary drinks.

### Nutrition



### Discretionary food and drink



# Work Health and Wellbeing Toolkit

## Implement

Develop an action plan:

- Work organisation
- Work environment
- Workers

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# Good Work Design

## Organisation of Work

How work is performed, including the physical and mental demands of the tasks;  
The task duration, frequency and complexity;  
The context and systems of work.

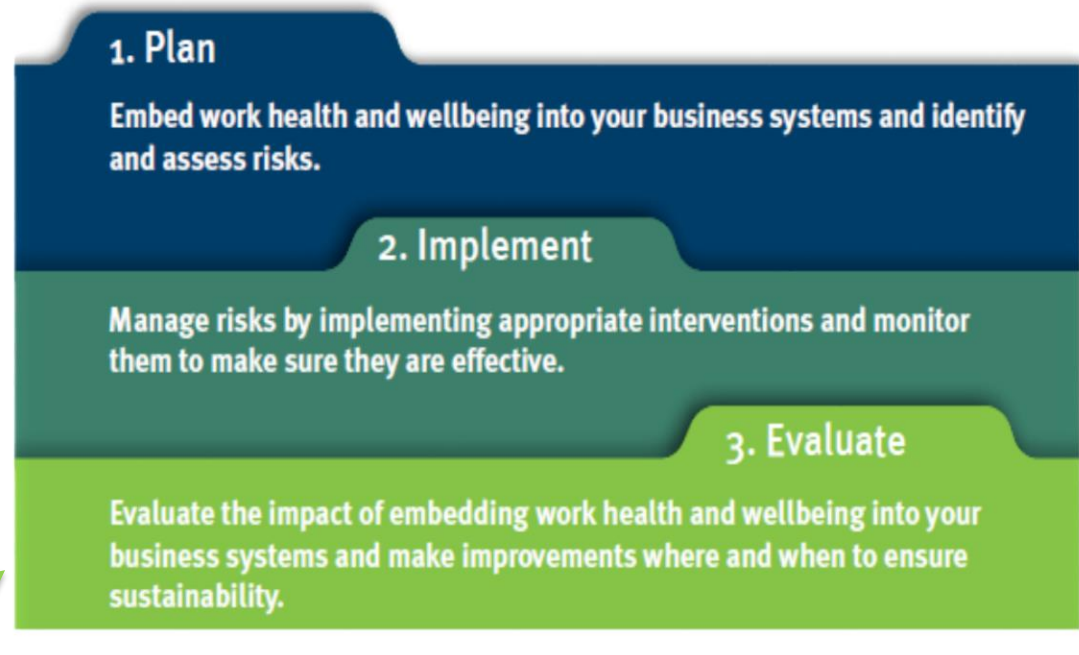
## Work Environment

Plant, equipment, materials and substances used;  
The vehicles, buildings, structures that are workplaces.

## Worker

Physical and mental capabilities and needs.

# Work Health and Wellbeing Toolkit



## Evaluate

- Measuring and monitoring success



# Be Recognised

- Apply online
- Three levels:
  - Gold
  - Silver
  - Bronze
- Current Gold recognised workplaces
  - Burnside State School
  - Cancer Council Queensland
  - Dept. Transport and Main Roads – IT department
  - Ipswich State High School
  - Queensland University of Technology



### Injury prevention & safety

- > Incidents and notifications
- > Managing risks
- > Injury Prevention and Management (IPaM) program
- > Small business
- > Young workers
- > **Health and wellbeing at work**
  - > Health and wellbeing at work overview
  - > Chronic disease action plan
  - > Benefits
  - > Integrating health, safety and wellbeing
  - > Industry focus
  - > Be a leader in work health
  - > **Work health and wellbeing toolkit**
  - > Resources
  - > Case studies
  - > Events
  - > Contact us



[Health and wellbeing at work overview](#)

# Work health and wellbeing workshops

- **Free** workshops across Queensland
- Two streams
  - Part 1 – planning
  - Part 2 – implementing and evaluating
- Book online - <https://www.worksafe.qld.gov.au/whats-on>



# Work health and wellbeing forum