

**NATIONAL SAFE  
WORK MONTH  
OCTOBER 2023**

*My health  
for life* 



**GOOD FOR *you***  
**GOOD FOR YOUR *workplace***

This year, *My health for life* is supporting Queensland workers during National Safe Work Month by encouraging employees to engage in healthier behaviours to reduce injury in the workplace and at home.

Find out more at [myhealthforlife.com.au](https://myhealthforlife.com.au) or call **13 74 75**

HEALTHIER QUEENSLAND ALLIANCE

