

**NATIONAL SAFE
WORK MONTH
OCTOBER 2023**

*My health
for life* 



**GOOD FOR
YOUR *workers***

**GOOD FOR
YOUR *workplace***

**STAKEHOLDER
COMMUNICATIONS
TOOLKIT**

HEALTHIER QUEENSLAND ALLIANCE



STATISTICS ON SAFE WORK MONTH

WHAT IS MY HEALTH FOR LIFE?

Funded by the Queensland Government, *My health for life* is a FREE lifestyle change initiative supporting workers to understand their health, make healthier choices and create healthier habits to reduce their risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke.

My health for life has options to support all Queensland workplaces across a range of industries and locations. We work with you to develop a plan that suits your workforce demographics and working conditions. The initiative offers free Health Checks for all staff and free Health Coaching for those identified at high risk of developing a chronic condition.

My health for life has supported over 18,000 Queenslanders to create healthier habits — with 68% reducing their waist circumference, 56% meeting alcohol consumption guidelines, 45% meeting physical activity guidelines and 45% reducing the number of mentally and physically unhealthy days.

WHAT IS NATIONAL SAFE WORK MONTH?

National Safe Work Month, led by Safe Work Australia is dedicated to encouraging employers and employees to prioritise health and safety within their workplaces to reduce the number of work-related injuries, illnesses and fatalities. This year focuses on how employers and employees can work together to:

- Manage risks at work
- Protect worker's mental health
- Support all workers
- Ensure a safe and healthy workplace

How is *My health for life* supporting National Safe Work Month?

The *My health for life* initiative is supporting National Safe Work Month by encouraging employees to engage in healthier behaviours to reduce injury in the workplace and at home. Risk of workplace injury increases amongst those with a chronic condition, smokers and those carrying excess weight.¹ When workplaces support employee health and wellbeing it can reduce the risk of chronic conditions and subsequent injury.¹

**Work-related injury
and illness costs
Australia more than
\$60 billion annually⁷**

**Workers have
44 days
off each year
as a result of stress
or mental health
conditions⁸**

**Work-related
injuries
increase 38%
amongst people who
smoke¹**

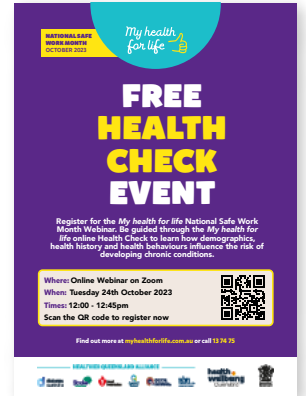
**Excess weight and
physical inactivity
increases risk of
severe injury¹**

BENEFITS OF WORKPLACE HEALTH AND WELLBEING

Click **HERE** to download your free resources to promote your National Safe Work Month event.

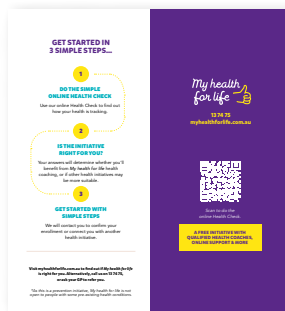
Workplace wellness initiative increase productivity by **29%⁹**

RESOURCE 1: POSTERS



ROI of up to **\$6** for every **\$1** invested in employee wellbeing **1**

RESOURCE 2: DL BROCHURE



Workplace health programs reduce employee risk factors by up to **56%¹⁰**

RESOURCE 3: EDM NEWSLETTER BANNER



Wellbeing programs reduce sick leave absenteeism by **25%¹⁰**

RESOURCE 4: VIDEO TESTIMONIAL

Video Click image below or QR code to access the story video



The My health for life program supported Mark on his journey to a healthier and happier life. We're here to help other QLD men achieve their health goals. To find o...

RESOURCE 5: SOCIAL MEDIA POSTS

We encourage you to promote National Safe Work Month using your business Facebook, Instagram or LinkedIn.

Following are suggested posts. Feel free to add a local or personalised touch to the messages to help connect with your audiences. Please tag us [@myhealthforlifeQLD](https://www.facebook.com/myhealthforlifeQLD) and use hashtags:

#myhealthforlife #safeworkmonth #healthierchoices #healthierhabits #createhealthierhabits #simplesteps #preventionbetterthancure #chronicdiseaseprevention

My health for life also invites you to share any of our content and tag our pages found on facebook: [@myhealthforlifeQLD](https://www.facebook.com/myhealthforlifeQLD)

Copy Suggestion

General Promotion



National Safe Work Month encourages employers and employees to prioritise health and safety to reduce the number of work-related injuries, illnesses and fatalities.

My health for life supports National Safe Work Month by encouraging employees to engage in healthier behaviours to reduce injury in the workplace and at home.

Do the FREE online Health Check today at <https://bit.ly/3LydwZj> to find out how *My Health for Life* can support you to create healthy habits at work and at home. #WorkSafeMonth #HealthMatters



Week 1 (1-8 October): Manage risks at work



Healthy habits such as eating fruit and vegetables, being physically active, and sleeping well protect our health and reduce our risk of developing chronic conditions, such as type 2 diabetes, heart disease and stroke.

Risk of workplace injuries increase when people have an existing chronic condition, smoke, or carry excess weight.¹

Do the FREE online Health Check today at <https://bit.ly/3LydwZj> to find out how *My health for life* can support you to create healthy habits at work and at home. #WorkSafeMonth #HealthMatters

Week 2 (9-15 October): Protect worker's mental health



Did you know that work-related stress is estimated to affect around 32% of Australians?

Stress can impact our mental and physical health and is associated with higher rates of workplace accidents and injury.

Whether it's eating well, moving more, sleeping better or managing stress, *My health for life* can support you to achieve your mental and physical health goals. Our participants have been able to reduce their number of mentally unwell days by 25%.

Do the FREE online Health Check today at <https://bit.ly/3LydwZj> to find out how *My Health for Life* can support you to create healthy habits at work and at home.

Week 3 (16-22 October):

Support all workers



Our demographics, health history and health behaviours influence our risk of developing chronic conditions such as type 2 diabetes.

Understanding your personal risk is the first step to finding out if *My health for life* Health Coaching is right for you.

Then in a group, over the phone or online - work with a qualified Health Coach to make healthier choices and create healthier habits..

Do the FREE online Health Check today at <https://bit.ly/3LydwZj> to find out how *My health for life* can support you to create healthy habits at work and at home.

Week 4 (23-31 October):

Ensure a safe and healthy workplace



When workplaces support your health and wellbeing your risk of injury and chronic disease decreases – positively improving your work and enhancing your life outside of the 9am to 5pm.

My health for life supports workers to make healthier choices and create sustainable healthier habits part of their every day.

Do the FREE online Health Check today at <https://bit.ly/3LydwZj> to find out how *My health for life* can support you to create healthy habits at work and at home.

RESOURCE 6: COMMUNICATIONS

Do you send regular emails or newsletters to your workers? If so, why not include reference to National Safe Work Month in your next communication. Here is an example you might like to use.

National Safe Work Month – October 2023

This October we're working together to support the health and safety of Queensland workers.

What is National Safe Work Month?

National Safe Work Month is dedicated to encouraging employers and employees to prioritise health and safety within their workplaces to reduce the number of work-related injuries, illnesses, and fatalities.

What is *My health for life*?

The *My health for life* initiative supports National Safe Work Month by encouraging employees to engage in healthier behaviours to reduce injury in the workplace and at home. Risk of workplace injury increases amongst those with a chronic condition, smokers and those carrying excess weight.¹

The *My health for life* initiative supports workers to create achievable lifestyle changes amongst high-risk Queenslanders, with the aim of preventing chronic conditions.

Do the FREE Health Check online today at <https://bit.ly/3LydwZj> to find out how the *My health for life* initiative can support you to create healthier habits at work and at home.

RESOURCE 7: WEBINAR SPECIFIC PROMOTIONAL RESOURCES

National Safe Work Month *My health for life* unique tracking URL:

Webinar Registration Link: <https://bit.ly/3RkLfco>

Poster



Social Media

October 24th



My health for life is hosting a webinar to highlight the importance of health and safety in workplaces.

Attendees will be guided through the *My health for life* online Health Check to understand how their demographics, health history and health behaviours influence their risk of developing chronic conditions.

Follow the link to register for the webinar <https://bit.ly/3RkLfco>. Employees and leaders from all industries are encouraged to attend.

If you have any questions or would like any additional information, please email the *My health for life* team at work@myhealthforlife.com.au.

Newsletter Article

Join us Tuesday 24th October, 12:00 – 12:45pm

My health for life is running a webinar to highlight the importance of health and safety in workplaces. All employees and leaders are encouraged to attend.

You will be guided through the *My health for life* online Health Check to learn how your demographics, health history and health behaviours influence your risk of developing chronic conditions.

Use the following link to register – <https://bit.ly/3RkLfco>. Details on how to join the webinar will be included in the confirmation email.

If you have any questions or would like any additional information, please email the team at work@myhealthforlife.com.au.

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*Our initiative is independently evaluated by Institute for Social Science Research – University of Queensland

^Consumer Experience Insights Report, January 2023, Enhance Research