

## HEALTH AND WELLBEING POLICY

### 1 PURPOSE AND SCOPE

Northern Transportables recognises that addressing Health and Wellbeing can lead to healthier and happier workers and that safeguarding worker health and wellbeing is an important part of our organisational culture and identity.

### 2 DEFINITIONS

Not applicable

### 3 REFERENCES

*Work Health and Safety (National Uniform Legislation) Act (NT) 2011*

[headsup.org.au](http://headsup.org.au)

[beyondblue.org.au](http://beyondblue.org.au)

[eatforhealth.gov.au](http://eatforhealth.gov.au)

### 4 RESPONSIBILITIES

**Senior Management Team** is responsible for implementing this policy.

**Managers, Supervisors** are responsible, within their scope of authority, for ensuring that effective action is taken to ensure all workers understand the policy.

**Employees** this policy will be available to all.

### 5 METHOD

Northern Transportables aims to provide information and opportunities for staff involvement in nutrition, exercise, work life balance and mental health.

Northern Transportables understands that a mentally health workplace benefits all workers, their families, organisations and the broader community – therefore we are taking action to create a mentally healthy workplace that promotes wellbeing, minimises workplace stress and is an environment where staff feel safe to talk about mental health, are supported and have equal opportunities.

- Raise mental health awareness, increase understanding and encourage open discussion;
- Provide workers with the skills to interact with honesty and integrity on all levels of the business;
- Open and honest leadership, shared purpose and goals;
- Suitably skilled people ensuring they are physically safe and offer working arrangement that suit workers;
- Ensure workload management;
- Regular employee reviews;
- Open communication encouraged;
- Ensure workers have work / life balance;
- Ensure all workers have access and are aware of counselling support services available;
- Respect and maintain confidentiality and privacy in accordance with any legislative requirements.

### 6 RECORDS AND ATTACHMENTS

- Beyond Blue 1300 224 636
- Australian Guide to Healthy Eating – Poster (Page 23 – Australian Guide to Eating Healthy)

### 7 DOCUMENT CONTROL

| Version     | Document Name                             | Authorised By                                       | Revision Date  | Next Revision  |
|-------------|---|---|----------------|----------------|
| Version 1.0 | 02-POL-HR-012 Health and Wellbeing Policy | Name: Simon Donnelly<br>Position: Managing Director | September 2021 | September 2022 |

# AUSTRALIAN GUIDE TO HEALTHY EATING



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

