

**...and before  
you know it  
you're here**

Healthy workers are almost  
three times more productive  
than unhealthy workers.

**3x**

**9x**

Unhealthy workers have up to  
nine times the annual sickness  
absence of healthy workers.

Workers in organisations that  
actively promote health and  
wellbeing are three times  
more likely to identify their  
workplace as a high or above-  
average performer.\*

**3x**

**“You can't be a safe  
worker if you're not  
a healthy worker.”**

Professor Dame Carol Black,  
UK National Director for Health and Work

\*for more references like this, get our  
'Your Simple Guide to Workplace Health and Wellbeing'

## Booking a visit

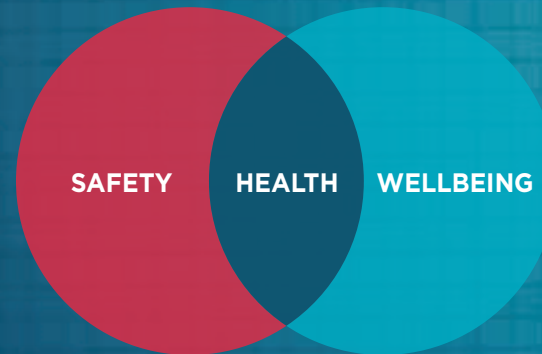
Booking a visit from a WorkSafe Health and Wellbeing Advisor is a simple process. Our Advisors will come to you, free of charge at a time that suits, and walk you through some cost-effective strategies to suit your workplace. This free and confidential service is available statewide.

Contact our Health and Wellbeing Advisors today.

P: 1300 366 322

E: [workcoveradvisors@justice.tas.gov.au](mailto:workcoveradvisors@justice.tas.gov.au)

[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)



**A healthy  
workplace  
begins with  
healthy advice**

*“Can you  
afford  
not to?”*



Call our Health and Wellbeing Advisors today on  
**1300 366 322**  
[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)

This is a joint Population Health Service  
and WorkSafe Tasmania initiative



## Would you like free advice to help your workplace become healthier and happier, while also contributing to a healthier bottom line?

WorkSafe's Health and Wellbeing Advisors can help you create a healthier and happier workplace. This may result in reduced absenteeism, sick leave and staff turnover. And as it's a free service, it won't cost you a cent!

## A healthy business starts here...



### Good food Good health

This is about making healthy choices the easier choices. Using your workplace to promote healthy eating choices can have significant benefits for your workers, which in turn can improve your business's bottom line. Simple strategies such as educating your staff about healthy eating alternatives, providing a staff fruit and veggie bowl, or even just a refrigerator can lead to improved food choices.



### Good exercise Good health

This is about moving more and sitting less. Providing an environment that encourages your workers to be active is a really positive step in improving their health. A supportive work environment that allows workers to achieve a more active lifestyle may include flexible break times and working hours, reducing sitting time and exercise opportunities.



### Good habits Good health

Encouraging your workers to have healthy lifestyle habits will create a better environment in the workplace and improved worker performance. Helping your workers with strategies on hydration, sleep quality, positive mental wellbeing, quitting smoking, and drug and alcohol misuse help them make better choices away from work.

#### Within a few months

- Worker engagement
- Team cohesiveness

#### Within 1-2 years

- Health knowledge
- Job satisfaction
- Productivity
- Corporate image

#### Within 3-5 years

- Absenteeism
- Injuries
- Workers compensation costs