

# Joining the dots

to improve work health and wellbeing in Queensland workplaces.



## Workplace Health and Safety Queensland: Work health and wellbeing toolkit

The free Work health and wellbeing toolkit provides a framework and specific tools to assist you in implementing a sustainable work health and wellbeing strategy.

The following programs can be used as part of your strategy to address specific issues.

For further information visit: [www.worksafe.qld.gov.au/health-wellbeing](http://www.worksafe.qld.gov.au/health-wellbeing)

Or email: [healthyworkers@oir.qld.gov.au](mailto:healthyworkers@oir.qld.gov.au)



## My health for life



[www.myhealthforlife.com.au](http://www.myhealthforlife.com.au)  
[work@myhealthforlife.com.au](mailto:work@myhealthforlife.com.au)

- Works together with workplaces to **tailor a program** strategy to best suit staff cohort
- Offers both a **health check activity** component and a **behaviour change program**
- Program **targets individuals who need it most**, and those who cost business the most money in productivity loss, absenteeism and injury costs
- Choose between **two-hour fortnightly** sessions, **one-hour weekly** sessions (onsite or video conference), or **telephone health coaching**
- **Deidentified data provided** following both health check activity and program delivery

## BeUpstanding™



[www.beupstanding.com.au](http://www.beupstanding.com.au)

- Supports workplace champions to **plan, deliver and evaluate a complete strategy to address too much sitting** while working
- **Interactive online dashboard** to guide champions step-by-step through 8-week program
- Champions can **access key behaviour, health and work outcomes** through tailored feedback reports to share with staff and management
- Designed to **fit within existing health promotion and workplace health and safety initiatives**
- Can run concurrently with other activities, or as a stand alone activity

## 10,000 STEPS



[www.10000steps.org.au](http://www.10000steps.org.au)  
[10000steps@cqu.edu.au](mailto:10000steps@cqu.edu.au)

- Embed 10,000 Steps as a key physical activity strategy within health and wellbeing plan
- **Interactive online dashboard** for individuals to record and monitor physical activity
- **Group activity** – team tournaments proven to increase physical activity, connection and morale
- Downloadable **Tournament steps statistics**
- Individuals can continue using program beyond team Tournaments
- **Ongoing strategies** to support physical activity in the workplace and for the workers
- Team Tournaments are **flexible and can be tailored** to workplaces needs and timeframes

