



Working better through wellbeing

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Invest in Your Greatest Asset with Good4Work

WorkWell is excited to announce the launch of a new online tool designed to support workplace wellbeing initiatives. Good4Work joins WorkWell and Wellplace.nz as the “go to” places for workplace wellbeing as they offer varied support that suits different workplace needs.



- **Good4Work** is perfect for small to medium sized workplaces or for those that are just getting started with workplace wellbeing. This online tool takes you through a step-by-step online process which focuses on small, achievable stages to complete actions to positively change your workplace environment and culture.
- **WorkWell** is a free initiative available in many areas of New Zealand that offers advisor support and acknowledgment through accreditation, and is ideal

for larger organisations or those wanting to do a more comprehensive wellbeing programme.

- **Wellplace.nz** is a free online gateway, which links to practical tailored workplace information, ideas, and resources and can help strengthen a workplace wellbeing programme.

Being Good4Work is easy with this free tool which helps identify tangible ways to integrate wellbeing into the way a workplace leads, works, and connects. The first step is a short quiz, this will help identify areas for improvement in your workplace. Following this, you'll be directed to resources and ideas that will help put wellbeing into action, in your workplace.

The development of Good4Work has been led by Toi Te Ora – Public Health Service in collaboration with Auckland Regional Public Health Service, Health Promotion Agency, Healthy Families NZ, and business representatives. A positive and healthy workplace is a simple, low-cost way to reduce stress, fatigue, injury and error, and improve engagement, productivity and innovation so check out Good4Work today, at www.good4work.nz.

Count the Cost of Smoking this World Smokefree Day

World Smokefree Day (31 May) is a great opportunity to consider the cost smoking has on your workplace. Staff who smoke pay the cost, both in terms of their money going up in smoke, and also the damage to their health. Research¹ shows that while smokers have a price to pay, it's also workplaces who are left out of pocket. It's estimated that for each staff member who smokes, an average workplace will lose \$2,000 per year due to increased sick leave and lost productivity.

Your workplace can help reduce these costs by providing a supportive smokefree environment and encouraging staff to quit smoking. One way to get involved is to support World Smokefree Day by promoting quit smoking services in your area. Quit Smoking Services², have people trained in offering support to those who want to stop smoking and can often provide stop smoking support groups for staff in your workplace.



For further ideas on smokefree workplaces check out the smokefree page on our website (www.workwell.health.nz/workwell_smokefree).

1 www.wellplace.nz/facts-and-information/smokefree/the-benefits-of-a-smokefree-workplace/

2 www.smokefree.org.nz/help-advice/contacts



Spread the Word, Not the Flu

AHHHHHHH-choo! Sniff, cough, splutter. We've all been there – ducking for cover while your co-worker struggles in the corner of the office while you plead with them to go home and rest; or when serving that lovely red-nosed customer who really should be home in bed...



Unfortunately it's a given that influenza spreads. The great news is, you don't have to get infected! Immunisation, along with personal hygiene measures such as regular hand-washing and covering coughs and sneezes, are the only ways to protect against influenza. The spread of flu can mean a good chunk of your workforce can be off sick for days (if not weeks!) which can be costly for your workplace and put unnecessary strain on other staff members. By encouraging your staff to immunise against influenza you lessen the chance of flu being spread around your workplace as well as to your customers.

Why not offer influenza immunisation to your staff via a workplace vaccinator? A workplace vaccinator can come onto your premises to administer the vaccine with minimal interruption to day to day work. Often they can be scheduled to fit in with your workplace's needs, such as shift work timetables.

To ensure your staff have the right facts about influenza and can make well-informed decisions check out the WorkWell resource 'Influenza Facts and Frequently Heard Myths'.

For support with a workplace influenza immunisation campaign check out www.influenza.org.nz or contact your WorkWell advisor.

Source: www.fightflu.co.nz

Current News and Research

Wellplace - A Guide to Workplace Wellbeing

Wellplace.nz provides practical tailored workplace health and wellbeing case studies, information, ideas and resources. The facts and information section will keep you up to date with research on workplace wellbeing while the case studies section will inspire you with success stories from other workplaces investing in the health and wellbeing of their staff. Check out www.wellplace.nz

5+ A Day Workplace Wellness Hub

Increasing the consumption of fruit and vegetables among staff is a common goal. Fruit and vegetables are packed with goodness that support wellbeing, which hopefully means fewer days off work sick!

For workplaces focussing on the priority wellbeing areas of Healthy Eating, 5+ A Day have developed a new Workplace Wellness Hub for workplaces to find practical tools and ideas to promote 5+ A Day and improve workplace wellbeing and productivity.

www.5aday.co.nz/workplace/workplace-wellness.aspx



Hand Hygiene in the Spotlight

Increasing hand hygiene is one of the most effective actions workplaces can take to prevent the spread of infectious diseases. If your workplace is developing or reviewing its Infection Control and Immunisation action plans, consider increasing your focus on hand hygiene.

For effective hand hygiene:

- wash your hands thoroughly with soap and hot water, especially after using the toilet and prior to preparing or eating any food.
- dry your hands with a clean, dry towel or paper towel.

Fulton Hogan – Bay of Plenty has a great example of promoting hand hygiene in an interactive way. They recently held hand hygiene challenges in three of their worksites which involved using Glo Boxes. Glo Boxes help demonstrate the significance of hand hygiene within the workplace by providing a visual, interactive way for people to understand the correct hand washing procedure as well as the importance of hand hygiene. Participants apply a UV gel to their hands and then wash them in the way they would normally do. With viewing goggles on either side of the boxes, people are able to see which areas of their hands have been missed when they washed their hands. If any part of the hand glows under the UV lights, this area is still dirty. Being able to clearly see the areas on a hand that has been missed in the washing and drying process really reinforces the importance of hand hygiene.

For more ideas check out the Immunisation and Infection Control toolkit or the Fulton Hogan – Bay of Plenty Case Study.



Fulton Hogan staff put their hand hygiene practices to the test.

Upcoming Events – 2017

1 – 7 May	National Immunisation Week, www.health.govt.nz/your-health/healthy-living/immunisation
5 May	World Hand Washing Day, www.ttophs.govt.nz/handhygiene
31 May	World No Tobacco Day, www.smokefree.org.nz/world-smokefree-day



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