



Health and Wellbeing Policy Template

Health and Wellbeing Policy

Goals

<<insert farm>> will:

- Build and maintain a workplace environment and culture that supports healthy lifestyle choices.
- Increase worker knowledge and awareness of health and wellbeing issues and healthy lifestyle behaviours.
- Facilitate workers' active participation in a range of initiatives that support health and wellbeing.

Objectives

<<insert farm>> will:

- encourage workers to be more physically active by making provisions in the workplace for activity opportunities
- provide healthy eating choices in the workplace through addressing healthy physical settings, such as food storage and preparation, food access and supply, and education
- promote a smoke free workplace environment and support workers to quit smoking
- promote worker social and emotional wellbeing through workplace practices and policies
- increase worker knowledge and awareness around key health topics, including the risks of alcohol consumption.

Scope

This policy applies to:

- all workers at <<insert farm>>.

Responsibility

Workers are encouraged to:

- understand this policy and seek clarification from management where required
- consider this policy while completing work-related duties and at any time while representing <<insert farm>>
- support fellow workers in their awareness of this policy
- support and contribute to <<insert farm>> aim of providing a safe, healthy and supportive environment for all workers.

Managers have a responsibility to:

- ensure that all workers are made aware of this policy
- actively support and contribute to the implementation of this policy, including its goals and objectives
- manage the implementation and review of this policy.

Communication

<<insert farm>> will ensure that:

- all workers receive a copy of this policy during the induction process
- this policy is easily accessible by all members of the organisation
- workers are informed when a particular activity aligns with this policy
- workers are empowered to actively contribute and provide feedback to this policy
- workers are notified of all changes to this policy.

Monitoring and review

<<insert farm>> will review this policy twelve months after implementation and annually thereafter.

Effectiveness of the policy will be assessed through:

- feedback from workers, the Health and Wellbeing Committee (if applicable), and management
- review of the policy by management and committee to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

APPROVAL

NAME:		NAME:	
DATE:		DATE:	
SIGNATURE:		SIGNATURE:	
DATE OF NEXT REVIEW: <<insert date>>			

Diabetes Queensland and Growcom developed the *Live Well Farm Well Planning Guide* in partnership with Workplace Health and Safety Queensland as part of the State Government funded Healthier. Happier. Workplaces initiative.

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