



Healthy Farm Scan

The Healthy Farm Scan can be conducted at your workplace during the initial planning stages of your program. It will provide an overview of your workplace characteristics and will help identify priorities that you can address in your Health and Wellbeing Action Plan.

How to use this tool:

1. Work your way through the tool. Tick the box that most applies at your farm. If you have more than one worksite, you can complete one scan per worksite.
 2. Use the 'notes' section to make notes for your farm - you can flag areas you may wish to investigate further.
 3. Use the results to help you plan your Health and Wellbeing Action Plan.
 4. Repeat this process in 12 months' time to see how much progress your farm has achieved.
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GETTING ACTIVE

	No	Sometimes	Often	All the time	Not now, but plan to in future
Does your farm support being active during work hours? Such as: <ul style="list-style-type: none"> • Physically active work • Policy providing breaks for workers to move around 					
Does your farm have a written policy or procedure that encourages workers to get active?					
Does your farm provide onsite activity sessions such as walking, football or personal training?					
Does your farm promote awareness about getting active through visual messages? E.g. posters, brochures, maps or website.					
Does your farm have information sessions about the benefits of getting active? E.g. seminars, information sessions during lunch hours, emails or tool box talks.					

NOTES:

HEALTHY EATING

	No	Sometimes	Often	All the time	Not now, but plan to in future
Can workers access food or snacks at your farm? E.g. <ul style="list-style-type: none"> • canteen • snack vans • vending machines • fruit boxes 					
If yes, does your farm canteen, cafeteria, snack van or vending machine provide healthy food options?					
Does your farm have kitchen equipment available for food preparation and storage? <ul style="list-style-type: none"> • fridge / freezer • microwave / oven • toasted sandwich maker • hot / cold water facilities • tables, chairs • plates, cups and cutlery 					
Does your farm have a healthy food and drink policy? E.g. healthy food offered at meetings, events, workshops and other functions.					
Does your farm run activities for workers about healthy eating, such as cooking demonstrations, workshops or distribution of recipe books?					
Does your farm provide information about healthy eating? E.g. seminars, information sessions during lunch hours, emails or tool box talks.					
Does your farm promote healthy food options in the canteen, vending machines and break rooms? E.g. posters, brochures or signs.					

NOTES:

ALCOHOL

	No	Sometimes	Often	All the time	Not now, but plan to in future
<p>Does your farm follow the Australian responsible service of alcohol guidelines when hosting work events? E.g.</p> <ul style="list-style-type: none"> • offering low-alcohol drink options • offering soft drinks and water • refusing service to people who become intoxicated • providing safe transport options. 					
Does your farm offer assistance programs to workers with alcohol-related problems?					
Does your farm have a written alcohol workplace policy?					
Does your farm offer education and training to workers about low risk drinking or the effects of harmful drinking?					
Does your farm promote messages about low risk alcohol consumption? E.g. posters, signs or flyers on bulletin boards.					
Does your farm include information about alcohol use at worker induction sessions?					
Does your farm promote services available to support alcohol-related problems including Alcohol and Drug Information Service (24/7 day a week service) or other online counselling, GPs or other health providers?					

NOTES:

SMOKING

	No	Sometimes	Often	All the time	Not now, but plan to in future
Does your farm restrict tobacco smoking in the workplace, including in work vehicles?					
Does your farm have a written smoking policy?					
Does your farm offer quit smoking activities or subsidise/provide financial incentives for workers to quit smoking? E.g. nicotine patches and gum.					
Does your farm have information sessions about the benefits of quitting smoking? E.g. seminars, information sessions during lunch hours, emails or tool box talks.					
Does your farm promote 'no smoking' messages and prompts about quitting smoking? E.g. posters, signs, flyers or bulletin boards.					
Are no smoking signs displayed in prominent places of your workplace? E.g. lunch rooms or noticeboards.					
Does your farm promote the Quitline (13 QUIT) in common areas or on noticeboards?					

NOTES:

MENTAL HEALTH AND WELLBEING

	No	Sometimes	Often	All the time	Not now, but plan to in future
Does your farm have a written policy to address mental health? E.g. flexible work options, family friendly workplace, work-life balance or return to work policies.					
Does your farm organise social functions for workers to help build social networks?					
Does your farm offer information sessions about social and emotional wellness, such as managing stress or resolving conflict?					
Does your farm offer activities to support mental health and wellbeing? E.g. relaxation classes, support groups, or a work life balance program.					
Does your farm provide information and promotional materials about social and emotional wellness?					
Does your farm promote telephone support services throughout the workplace such as beyondblue or Lifeline?					
Does your farm provide a space for workers to socialise?					

NOTES:

INTEGRATING HEALTH, WELLBEING AND SAFETY IN THE WORKPLACE

	No	Sometimes	Often	All the time	Not now, but plan to in future
Does your farm integrate workplace health and wellbeing messages into health and safety communications?					
Does your farm provide information on the link between health behaviours and common health and safety issues? E.g. alcohol and injuries, physical activity and injuries.					
Does your farm consult with health and safety representatives and/ or committee on workplace health and wellbeing messages to ensure ongoing integration?					

NOTES:

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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