

How healthy is your industry?

The work environment can significantly affect the types of risks and demands placed on employees. Some of these demands increase the risk of employees adopting unhealthy behaviours or developing chronic diseases. Understanding these risks, and taking steps to create a healthier workplace can reduce injury, staff turnover and improve productivity.

Central Bayside Community Health Services offers free support via a personal health consultant to implement a no/low cost strategy to address workplace and staff health risks. Contact us!

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Percentage of workforce aged 18 or over, with risk factors	Smokes	Inadequate fruit & veg Intake	Physical inactivity	Overweight or Obese	Alcohol Increased lifetime risk	Poor mental health
NATIONAL AVERAGE	15%	50%	62%	62%	20%	9%
Agriculture	14%	45%	77%	76%	29%	3%
Transport	22%	52%	66%	78%	21%	8%
Construction	24%	53%	58%	69%	36%	8%
Manufacturing	18%	55%	69%	68%	22%	8%
Mining		46%	67%	71%	30%	7%
Health & social assistance	10%	46%	64%	61%	11%	9%
Public Service	10%	50%	55%	68%	16%	7%
Wholesale & retail	16%	51%	65%	56%	18%	10%
Electricity, gas, water & waste	21%	49%	59%	72%	32%	11%
Education/ training	7%	40%	56%	56%	14%	9%
Telecommunications	12%	56%	58%	61%	20%	8%
Arts & recreation	11%	44%	46%	58%	18%	11%

* Shading indicates a rate higher than the national average

Why invest in workplace health?

Effective work health strategies improve workplace culture, processes and environments to reduce staff risk of disease and injury (including mental injury). A healthy workplace can positively impact areas such as

- **Staffing costs** | Save \$5.81 for every \$1 invested in staff health, through reduced absenteeism, turnover, workers compensation, disability and early retirement.
- **Productivity** | Healthy workers are 3 times more productive than unhealthy workers.