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HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2017–18

PLATINUM

## BARMCO MANA MCMURRAY

### *Eight staff*

*Barmco Mana McMurray (BMM) was interviewed by Grosvenor Management Consulting on 16 May 2018 as part of a formal Healthier Work Evaluation. BMM is an engineering consultancy based in the ACT, where they have recently hired their tenth employee.*

Leah Wheelhouse is BMM's Business Development Manager. BMM has just achieved Platinum Recognition Status in the Healthier Work program, after over three years participating in Healthier Work.

"We're a small office and we like to look after our staff; Healthier Work is a really good way to do that, and we liked the idea of making health and wellbeing part of our office culture, and Healthier Work has had a financial impact on the business too," says Leah. "When you keep staff happy and healthy they want to come to work, they want to be productive: our rates of absenteeism look very good compared to the industry average."

BMM has taken on various initiatives aimed at making office work more physically healthy.

"We've done a number of things across the years; we do the fruit basket every day, and a healthier lunch every week. We do walking meetings – once we even did a meeting on longboards, that was interesting! We also all stand up whenever we're on the phone. Being Healthier Work registered really makes you ask 'What's a healthier way we could do this?' about all those processes around the office, it's always in the back of our minds."

They have also focused on being more mentally healthy.

"Healthier Work has been very beneficial for us, and the office is a happy place; sometimes we'll break out to hit a cricket ball or kick a football with each other," says Leah. "We've put up posters and distributed information about stress. This year we'll let off steam with a lego design challenge and we've just had grant approval from Healthier Work for a break-out room with foosball table! Some of the things we've done here, I know have been taken home as well. We have now introduced flexibility: using office365 we can work from home when needed and this is great for reducing stress."

Leah says that Healthier Work has added value to BMM's health and wellbeing culture through its people and its delivery model.

"The Healthier Work team itself cannot be faulted. They are always available and come back to you promptly. They are great for getting you started and giving ideas. The networking lunches are great for sharing ideas with other businesses and Healthier Work has recently introduced grant funding to help with events with a cost attached or changes to the physical workplace, which is great."

Leah recommends Healthier Work to other workplaces, even those which may already have a strong health and safety record.



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“As engineering consultants, we’re very aware of Workplace Health & Safety laws, but they don’t offer a point of contact, or the feeling of being engaged in something beyond your company. Healthier Work gives a 12-month plan to focus on. WH&S is all about what not to do, Healthier Work is about thinking about what could be better and actively improving things.”

