



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2016-17

SILVER

## A SINCERE FOCUS ON BEING A BETTER EMPLOYER

### *Kennards Hire – 35 staff*

*Kennards Hire is Australia's number one family-owned supplier of high quality hire equipment. For DIY, small/medium projects and large construction sites, their extensive range of hire equipment is available to make the job easier.*

Keeping their team fit and well is a firm priority for Kennards Hire. They're now into their second health and wellbeing plan, with their hard work paying off.

"Our most successful initiative is to encourage staff to quit smoking," says Ben Hitchen, Kennards Hire Area Manager. "People genuinely want to give up, they just need a push."

They actively promote the benefits of cutting back and quitting smoking with posters and brochures, as well as by encouraging more physical activity.

"We have an OzTag team and we're organising a hike up Mount Taylor," says Ben. "All staff also do the Move 4 Life training."

Their plan also includes a nutrition seminar, a 'mole safe' introduction and promotion of the Hello Sunday Morning website, which encourages a rethink of drinking habits.

"At Kennards Hire there is a lot of physical work and manual handling," says Ben. "Keeping our team fit, healthy and uninjured is a priority."

