



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

GOLD

KEEPING HEALTH TOP-OF-MIND

Master Builders ACT – 49+ staff

Master Builders ACT is part of the national Master Builders Federation and is the peak building and construction industry body in the ACT, having been part of the federated body since 1925. The Association represents over 1000 ACT businesses including commercial, residential, professional, and supplier and subcontractor sectors of the industry.

Regular staff meeting discussions and enthusiasm from management has helped Master Builders ACT maintain an effective health and wellbeing plan.

Now in their third year – with gold status – the team at Master Builders ACT benefit from a strong mix of activities and consistent messages to keep health in the spotlight.

“We are starting to see a happier and more unified workplace,” says Philip Edwards, WHS Advisor for Master Builders ACT.

Their activities include circulating information on workstation exercises and sharing healthy recipes.

“The flu shots are very successful,” says Philip. “I think staff see a real health benefit in receiving them.”

They’re also planning a workplace seminar on alcohol use and a fun outdoor challenge to welcome spring.

“It’s important to keep consulting with staff and to keep it top-of-mind,” says Philip.

