



Construction WorkHealth Checks 2011

In 2009 the Victorian Government launched the WorkHealth Check initiative, offering free health checks to all Victorian employees. Incolink, with its strong interest in the health and wellbeing; together with Corporate Bodies International decided to facilitate the roll-out of this great initiative. Sharing a mutual interest in the construction industry, the two organisations forged a strong relationship in 2010, aiming to complete 3,000 WorkHealth Checks at construction sites across Victoria in just nine months.

Tailored Design

CBI and Incolink worked closely together to ensure the efficient roll-out of the WorkHealth Checks (WHCs). To achieve this, all relevant delegates on each site were engaged, including the employer, the workers representatives and the subcontractor groups. By conducting a site briefing meeting with the safety committee at each site, an outstanding 75% participation rate was achieved.

Targeted Intervention

In order to successfully carry out the WHCs, the following steps were taken:

- Site briefing meetings with safety committee and site champions prior to program commencement.
- Toolbox talks to construction workers to promote the program.
- Reporting of results to Incolink, with findings dispersed among the sites.

Incolink

A joint enterprise of employer associations
and unions in the building and
construction industry



“ CBI have worked with us in establishing the WorkHealth Checks for construction workers in the Victorian commercial construction industry. Their approach has been professional and they have related well to our culture, bringing a down to earth and friendly face to workers onsite. Their planning and attention to detail has made the scheduling of events around Victoria a worry free operation with the highest take-up of any health checks in our industry at around 80%. We are confident moving forward using CBI as our provider of choice ”

David Cronin
Incolink WorkHealth Co-ordinator

Positive Outcomes

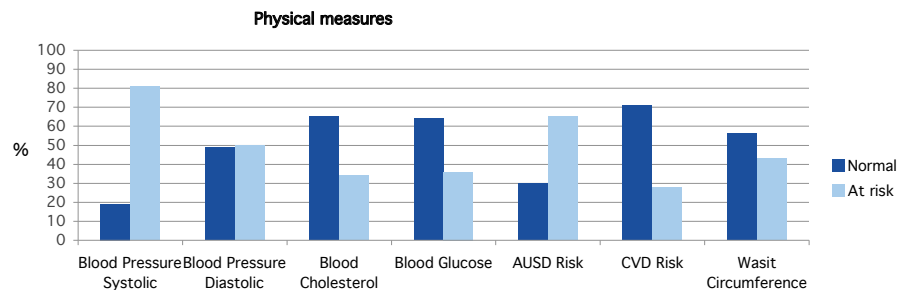
At the end of the 9 month period, the following results had been achieved:

- Over 3000 WorkHealth Checks were completed across 29 sites.
- Minimum 75% participation rate across every site.
- The findings from the health checks were used to effectively identify key trends in employee health and lifestyle.

Sustainable Impact

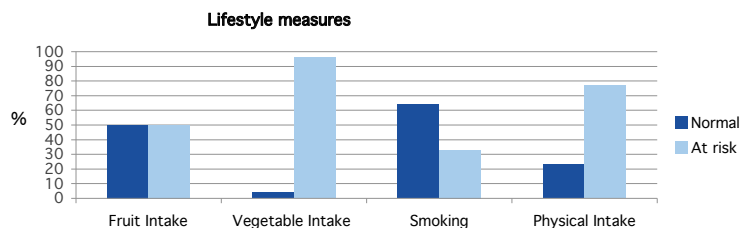
With the combined efforts of CBI, Incolink and each construction site, the WHCs demonstrated that through tailored program design and effective employee engagement, high participation rates and valuable health information can be attained. To date, Incolink and CBI are still working closely together, carrying out WHCs at construction sites across Victoria, with a new aim of completing 9,000 checks by the end of 2011. The information collected from the WHCs has been used to create a shift in the culture within the construction industry towards healthier habits. The implementation of tailored health and wellbeing initiatives will improve worker health and wellbeing and ultimately reduce the incidence of heart disease and type 2 diabetes.

The results



Of the 3,137 participants who took part in the WHCs:

- 50% had blood pressure levels and 34% had blood cholesterol levels which put them at risk of heart disease.
- 36% of workers had blood glucose levels that placed them at risk of developing type 2 diabetes. This was confirmed by the AUSDRISK score, in which an alarming 70% of the workers were at risk of developing type 2 diabetes in the next 5 years.
- 78% of workers had a waist circumference above the healthy range, increasing their risk of chronic disease.



In regards to lifestyle habits:

- Only half of the workers ate the recommended serving of fruit a day, while a mere 4% met the vegetable recommendation.
- 33% of the workers were identified as smokers, putting them at risk of heart disease, stroke and cancer.
- The majority (77%) of workers did not achieve the recommended exercise levels.