



Policy

Health and Wellbeing

The Sydney Harbour Federation Trust (Harbour Trust) is committed to providing all staff, contractors and volunteers with a safe, healthy and supportive work environment. The Harbour Trust recognises the importance of the health and wellbeing of their employees and is committed to providing a workplace culture where healthy lifestyle choices are valued and encouraged.

Staff are encouraged to be more physically active by making provision in the workplace for activity opportunities that encourage healthy mind and body practices.

Education regarding safe alcohol consumption, promotion of healthier eating choices in the workplace, the effects of smoking and health topics will be encouraged by the Harbour Trust for all staff members.

The Harbour Trust positively promotes and safeguards mental health and the wellbeing of its staff by promoting a supportive workplace culture based on trust, support and mutual respect where staff are able to talk openly about their role, their health, and report difficulties without fear of discrimination or reprisal.

An Employee Assistance Program (EAP) is offered and promoted by the Harbour Trust where challenges may be substantial.

Mary Darwell
Chief Executive Officer
Date:

Joseph Carrozzi
Chairman of the Board
Date: