



Food Environment & Health Site Setup Tool

Queensland Construction

Date: _____ Job Name: _____ Job Number: _____



Making Healthy Changes Onsite

Within [industry partner name] policies, we would like to improve the health of workers on our urban construction sites. These are new company initiatives as a result of work and collaboration between Griffith University staff, Construction industry and Office of Industrial Relations. In research on workers in QLD construction industry it was found that construction workers were at higher risk of developing heart disease. In Australia generally there has been an increase in obesity and chronic diseases (e.g. diabetes). These can cause long-term disability. Because we want our workforce to be healthy and safe both on and off site, we want to do some things that prevent disease and disability. Lifestyle changes can reduce the risk of developing obesity, heart disease, diabetes, stroke and many other conditions. As a result we have created these materials to help you set up a healthier site where you go.

We have created a tool here with how to improve the main risk areas onsite. Some of the information is based on what the workforce told us they want, and some is on health best practice. The rationale is at the end of the tool. This tool goes with the audit which you can use to evaluate changes put in place and which areas are most difficult to achieve onsite. Then we can create materials to make it easier for you at the next site. Over time, we aim for this to be a natural part of setting up a site.

We have separated the following sections into separate pages so that you can give them to the person setting up the various sections of the site.

SITE SETUP TOOL: Setting Up For Better Food and Health Onsite

Nutrition Information

Good	Better	Best	How To Get There
<p>Nutrition or Nutrition Related Disease posters are onsite (not about drinks).</p> <p>List emergency numbers outside the main office.</p>	<p>Good +</p> <p>Have the nutrition posters in the main thoroughfares onsite.</p> <p>Display information about other health programs too.</p>	<p>Better +</p> <p>Display a list of local health providers (see to the right).</p>	<p><i>Nutrition and Emergency Numbers</i></p> <p>H&S officers can request nutrition posters from head office. Display these and emergency numbers in main thoroughfares</p> <p><i>Other Health Programs</i></p> <p>Head Office will provide a list of any current health programs. Ask Union Delegate for any programs they wish publicised</p> <p><i>List of Health Providers</i></p> <p>H&S office conduct an online search for close by addresses of a:</p> <ul style="list-style-type: none"> ▪ G.P. ▪ Physiotherapist www.physiotherapy.asn.au ▪ Dietitian www.daa.asn.au ▪ Exercise Physiologists www.essa.asn.au ▪ Podiatrists QLD: www.podiatristsqld.com.au ▪ Optometrists www.optometrists.asn.au/ <p>Then make a list of providers' locations and phone numbers and display.</p>

Site Lunch Rooms

Good	Better	Best	How To Get There
<p>Make a large lunch room or several smaller ones in different locations. Ensure there is enough seating and that breaks are staggered if needed.</p> <p>Try to locate them centrally and/or close to key work areas.</p>	<p>Good + Plan to increase the lunch room size as site numbers increase or increase staggering.</p> <p>Plan to move or build more lunch room/s if they will no longer be centrally located as the build progresses.</p> <p>Make bench food preparation space as well.</p>	<p>Better + Aim to have enough space and tables so teams/trades can have separate seating and food storage areas.</p> <p>Make food preparation areas (including fridges and microwaves) readily accessible to all workers in all breaks. E.g. everyone is very close to at least one lunch room at all stages of the build in all breaks.</p>	<p>Checklist</p> <ul style="list-style-type: none"> <input type="checkbox"/> build lunch room/s centrally and make them large <input type="checkbox"/> make them centrally located during the whole build or make plans to move them as the build progresses <input type="checkbox"/> plan to make a second or larger lunch room if site numbers will increase beyond capacity at a stage in the build <input type="checkbox"/> plan them so all workers are close to food preparation facilities at all breaks- you may need some extra lunch rooms <input type="checkbox"/> make sure there is enough seating or stagger breaks <input type="checkbox"/> build some bench space too e.g. for sandwich assembly <input type="checkbox"/> plan lunch rooms to be large enough so different trades/teams can have their own tables and food storage areas where possible

Nutrition Hygiene Initiatives

Good	Better	Best	How To Get There
<p>Buy heavy duty soap and paper towel and have it available onsite. Make lunch room doors that can shut out dust and noise.</p>	<p>Good +</p> <p>Make sure lunch room doors close and stay shut easily. Check whether there are thermometers in fridges. Move enough fridges into what lunch rooms will be most used so there is less fridge crowding.</p>	<p>Better +</p> <p>Make sure heavy duty soap and paper towel is available in lunch room and around site for washing hands. Put a sign on lunch room doors reminding people to close it. Plan to stop noisy work during all staff's lunch breaks. Make sure there are thermometers in all of the fridges. Have someone take responsibility for cleaning lunch rooms as part of their duties, including emptying fridges of old food and scraps.</p>	<p>Checklist</p> <ul style="list-style-type: none"> <input type="checkbox"/> Build lunch rooms with doors that close and stay closed easily <input type="checkbox"/> Put a sign on doors reminding people to close it <input type="checkbox"/> Buy heavy duty soap and paper towel and put around site sinks including in all lunch rooms <input type="checkbox"/> Buy fridge thermometers for any without one <input type="checkbox"/> Move fridges around so there are more in lunch rooms being used more <input type="checkbox"/> Plan to stop noisy work during all staff's lunch breaks <input type="checkbox"/> Plan for someone to clean lunch rooms at the end of each week and empty fridges of old food and scraps

Barbeques and Catering

Good	Better	Best	How To Get There
Provide a salad or vegetable choice and some lean meat choices. Provide some low sugar choices (e.g. water, flavoured water)	Provide a mix of low sugar drink alternatives (e.g. water, flavoured water) and other choices. Offer some raw or cooked vegetable additions at site BBQs eg. onion, tomato. <i>Avoid</i> providing only salads with high energy sauces e.g. creamy potato salad. Offer both wholemeal and white bread. Provide mainly lean meat choices e.g. lean sausages offered. <i>Tip: avoid multi-grain due to any dental issues that staff may have</i>	Provide only low sugar drink alternatives (eg water, flavoured water) at BBQs. Have many raw or cooked vegetable choices eg. <i>onion, tomato, mushroom, corn.</i> Provide only lean sausages and other lean/trimmed meat cuts, (no bacon) and only wholemeal bread/rolls.	If H & Safety officers won't be doing BBQS, then show this section to whoever is responsible <i>Tip: While personal responsibility matters with food, you can't eat healthier choices if it isn't on the menu.</i> Focus on providing low sugar drink choices (water, flavoured water), including vegetables, and having lean meat choices and wholemeal bread/rolls.

Vending Machines

Good	Better	Best	How To Get There
<p>Water is available at eye level in the vending machine</p> <p><i>If you have a food vending machine:</i> Healthier foods are available including smaller sizes and foods high in vitamins and minerals e.g. yoghurt & plain milk</p> <p>There are signs around site about sugary drinks and negative health effects</p> <p>There is a sign next to the vending machine about moderating caffeine consumption</p>	<p>There are water and low sugar drink options available</p> <p>Healthier foods are available including smaller sizes and foods high in vitamins and minerals e.g. yoghurt & plain milk</p>	<p>There are water and low sugar drink options displayed in eye level rows.</p> <p>Healthier foods are available in your vending machine as well including smaller sizes, yoghurt & plain milk. These are in eye level rows (more visible than unhealthy options)</p> <p>There are signs both next to the vending machine and around site about sugary drinks and negative health effects</p> <p>There are signs next to the vending machine and around site about moderating caffeine consumption</p>	<p><i>Healthier Foods and Drinks</i> Negotiate with your vending machine provider to change choices and arrangement. If you need ideas for food choices more information can be provided from head office.</p> <p><i>Sugary drink posters</i> Can be printed off at rethinksugarydrink.org.au/downloads/time-to-rethink-poster.pdf. OHS officers can request posters from head office.</p> <p><i>Caffeine Posters</i> OHS officers can request posters from head office</p>

Local Food Outlets

Good	Better	Best	How To Get There
Scope out local food outlets and see of those which have healthy options if you can negotiate a site worker deal or a discount rate (e.g. 10%)	Publicise any negotiated rates in toolboxes and around site	Publicise negotiated rates in toolboxes and on signs in thoroughfares and lunch rooms. Include the location of the food outlet.	Walking around the area look for those with healthy options. This can include cafes, or those with healthy deals. Go in person and negotiate with the manager. Try to get details in writing. The store may also make a sign you can display.



Setting Up Health Onsite

Physical Activity: Storage and Changing

Good	Better	Best	How To Get There
Set up designated safe areas for bicycle storage in the building.	<p>Locate area near pole/banister so bikes can be locked.</p> <p>Put in a change room cubicle and bench or more than one if large site</p>	<p>Have a lockable area for bikes that can be re-opened at the end of shifts.</p> <p>Put in both showers and change rooms.</p>	Use the descriptions as a guide

Stretching and Warm Up

Good	Better	Best	How To Get There
Have teams who are doing warm ups continue doing them.	Provide information about stretching and warm up information around site in lunch rooms and thoroughfares	<p>Invite and pay for a physio or exercise physiologist to site in a toolbox to demonstrate warm up exercises and provide you with information if you don't have it.</p> <p>Create a warm up policy onsite for all [industry partner] staff and sub-contractors. E.g. first 10 minutes a day teams doing any physical labour need to do a warm up</p>	Use the descriptions as a guide



Local Facilities and Sport

Good	Better	Best	How To Get There
<p>Establish sports competition in a local park on a Friday</p> <p>Approach any local sporting fields and gyms and see if short term contracts and/or at a discount can be negotiated for site staff</p>	<p>Allow a volunteer to promote any informal activities in toolboxes</p> <p>Publicise any negotiated rates in toolboxes and around site</p>	<p>Allow a volunteer to promote any informal activities in toolboxes and in signs around site</p> <p>Publicise negotiated rates in toolboxes and on signs in thoroughfares and lunch rooms. Include the location</p>	<p>Google 'gyms' and '(name of suburb)'. Go in person or phone the closest and negotiate with the manager and then get details in writing e.g. email</p> <p>Find an interested volunteer in toolboxes to organise this e.g. bring football on Fridays</p>



Alcohol

Good	Better	Best	How To Get There
Follow [industry partner name] zero tolerance for alcohol policy	Follow [industry partner name] zero tolerance for alcohol policy Display posters including the safe alcohol consumption guidelines and a standard drink poster are displayed	Follow [industry partner name] zero tolerance for alcohol policy Display safe alcohol consumption guidelines and a standard drink poster are in main thoroughfares	You can find alcohol information to display at: http://www.nhmrc.gov.au/your-health/alcohol-guidelines

Smoking

Good	Better	Best	How To Get There
Put up information about QUIT line up There are designated smoke free areas for breaks	There is information about the QUIT line up in key thoroughfares There is a no smoking inside rule onsite and signs are displayed	Sign up to be a quit smoking workplace and promote the program There is a no smoking policy onsite and signs are up to remind workers Smoking needs to be more than 2 metres from site and there are signs to remind workers	You can find QUIT line posters are at: http://www.health.qld.gov.au/quitsmoking/resources/default.asp#brochures Register as a QUIT smoking workplace: http://workplaces.healthier.qld.gov.au/quit-smoking/ Create a policy regarding smoking on your site (make sure consistent with industry partner's policy)

Nutrition and Health Onsite Audit Tool Rationale

Vending Machines

- Providing easy access to low sugar drinks helps employees maintain a healthier lifestyle. High sugar options are linked to weight gain and long-term poor health.
- An average can of soft drink contains 16 teaspoons of sugar. Most people wouldn't drink a cup of coffee or tea with sixteen teaspoons of sugar, so reminding them of this is important when they're making choices.
- The two main contributors to obesity in modern Australia are food choices and serving sizes. Providing healthy choices and providing smaller serves allows individuals to select what is appropriate for their healthy lifestyle.

Food and Nutrition

- Remind people to make healthy choices or why nutrition is important, as it can become lost in a busy schedule
- Men are less likely to see a health professional than women. However, if you display the local health practitioners, if someone notices something is 'off' they can more easily be reminded and book an appointment close to work.

Site Lunch Rooms

- Having facilities means workers can eat food from home easily, which is likely to be healthier and quicker than going off-site.
- Having space and enough fridges makes you more likely to eat healthier food from home as you're more comfortable (and according to you guys may reduce food theft)

Barbeques and Catering

- Healthy eating onsite is important as most of the time as we get enough unhealthy choices in our personal life. High sugar drinks contribute to obesity and have 16 teaspoons of sugar. People can't choose low sugar drinks unless they are there, so making them available can improve health onsite.
- Most Australians aren't eating five serves of vegetables. Including vegetables that can be cooked easily on a BBQ or eaten with BBQ foods is a great way to promote health onsite. Most people like healthy food when it's fresh.
- Untrimmed meats and normal sausages have higher saturated 'unhealthy' fat than lean cuts. Trimming the fat and choosing lean cuts can reduce your risk of heart disease. Bacon and smoked meats have been linked to cancer, so should be avoided.
- Wholemeal and multigrain breads are less processed, have higher fibre and more nutrients than white bread. High fibre intake can keep you 'regular' and decrease your risk of bowel cancer and heart disease.

Nutrition Initiatives

- Being able to clean off the dust, muck and germs will reduce your risk of contaminating your food. Keeping surfaces clean and not dusty will reduce contamination of food.
- With all the noise onsite it's important to have some time out from it. Lunch in particular is the time you want to be able to unwind and have a break.

Fridges

- Setting up the correct temperatures and keeping the fridge and surfaces clean helps make food both more pleasant to eat and helps prevent food poisoning outbreaks onsite. Food poisoning symptoms could lead to guys getting vomiting or diarrhoea. These both lead to poorer hydration and increase heat stress risk.

Physical Activity

- Riding bicycles to work provides employees with daily activity, an important element of a healthy lifestyle.
- Onsite showers and change rooms make it easier for employees to fit exercise into their day.
- Physical jobs, like sports, require employees to prepare for the activity. Active stretching and warming up can prevent soft-tissue injuries and increase mental alertness in employees
- People are more likely to use sports facilities that are directly on their way home from work. Lowering the cost can also assist. Even though construction is usually physical work, there are types of fitness that your job may not provide e.g. aerobic, sprints, flexibility. Exercise can lower stress.
- Informal sporting competitions can also have similar benefits to other exercise, with the additional benefit of providing team bonding.

Alcohol

- Alcohol can cause harm, both by having it too frequently, or having it in large amounts less frequently. Additionally alcohol acts as a depressant, is cancer-causing (carcinogenic) and is high in kilojoules which can lead to weight gain.

Smoking

- While of course it is everyone's choice whether they smoke or not, a smoke free policy is recommended by QLD Health due to second hand smoke (passive smoking) being linked to lung cancer, heart disease. Smoking is also detrimental for those who smoke with long term risks of lung cancer and other cancers, heart disease, stroke and lung disease.
- Passive smoking can also cause lung cancer, heart disease and other negative health effects. Allow people to choose to have their smoko without passive smoking.

- Reminding smokers of where there is a smoke free area will help them to keep the area smoke free for others and choose somewhere else to smoke.
- By displaying the information, you can remind people who are thinking of quitting of help they can access. Smoking kills, but also disables.

CONTACT US

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