



OCTOBER IS SAFE WORK MONTH

AND WE'RE TAKING ACTION BY PUTTING SAFETY AND WELLBEING AT THE TOP OF OUR AGENDA.

Safe Work Month is our chance to highlight the importance of protecting people, physically and mentally, across every workplace in Australia. It's an essential commitment we are passionate about, every day!

So whether you're behind a desk, on a construction site, or a first responder, your safety at work should also be top of mind, all the time.

This year's theme '**Safety: every job, every day**' is a clear reminder to extend our mindful habits in all parts of our work environment.

HERE'S HOW WE'RE PARTICIPATING:

- **Empowering Employee Wellbeing:** We provide access to hundreds of gyms, pools, and wellness facilities, because healthier workers are safer workers.
- **Promoting Preventative Health:** Regular movement, stress management, and recovery reduce the risk of injury and burnout. We help teams build these habits.
- **Sharing Safety Resources:** Throughout October, we'll be distributing safety-focused content, wellness tips – keep an eye out for our blog and follow our LinkedIn page.

WHAT EMPLOYERS CAN DO:

- Lead by example, embed safety into daily routines and conversations
- Encourage staff to take breaks, move regularly, and use their Fitness Passport membership for optimal wellbeing
- Host seminars or wellness sessions focused on injury prevention and mental health

WHAT EMPLOYEES CAN DO:

- Keep your eyes peeled and speak up: report hazards and share safety ideas
- Use your Fitness Passport to stay active, reduce stress so you can be at your best at work and at home
- Support your teammates as safety is a shared responsibility and we all need to play a part.