

# How do you get involved?

Employers who sign up for the Healthy Working Lives Award Programme take a step in the right direction to a better working environment. But to make a real difference, your employer needs your help. If you have ideas for improving health in your workplace, your employer will want to know.

There will be a group representing employees at every level, ready to take forward any ideas and suggestions you may have. A system will be put into place to make it easier for you to make yourself heard.



## Sounds good. Tell me more.

If you'd like to find out more about the Healthy Working Lives Award Programme, or just about improving the health, safety and wellbeing of your workplace, visit our website or call our Adviceline.

The national Adviceline is available for employees, not just employers.

**It's confidential. And it's free.**

We are happy to consider requests for other languages or formats. Please contact 0131 314 5300 or email [nhs.healthscotland-alternativeformats@nhs.net](mailto:nhs.healthscotland-alternativeformats@nhs.net)

**Talk to the Healthy Working Lives experts free on:**

**0800 019 2211**  
[www.healthyworkinglives.com](http://www.healthyworkinglives.com)



# The Healthy Working Lives Award Programme: Information for employees



## About us

It is your responsibility to look after your health, safety and wellbeing, whatever your job. At the Scottish Centre for Healthy Working Lives, it is our job to offer all sorts of practical support and advice to help employers create a healthier and safer working environment.

Our advice and support is entirely **free and confidential** and our trained Advisers offer guidance and help to employers and employees in all sectors to improve health, safety and wellbeing in the workplace.

## Our Award Programme

The Healthy Working Lives Award Programme helps organisations to get into better shape and rewards them for it. The Award Programme has three levels: Bronze, Silver and Gold.

To achieve an award, your employer needs to demonstrate good practice in supporting and promoting the health, safety and wellbeing of their employees. This means actively raising awareness of certain topics including:

- ✿ healthy eating and physical activity
- ✿ health and safety
- ✿ mental health and stress
- ✿ smoking
- ✿ sensible drinking.



## What does this mean for you?

Good employers know their workforce is their most valuable asset. By signing up for the Award Programme, employers are demonstrating their commitment to looking after the health, safety and wellbeing of their employees.

The fact is, when there's a healthier and safer working environment, everyone wins.

The benefits for you are:

- ✿ a safer and healthier working environment
- ✿ a reduced risk of accidents and ill health
- ✿ practical support to stay healthy
- ✿ better relationships with your employer
- ✿ feeling appreciated as an employee
- ✿ higher morale and motivation.