Get healthy at work

The PSA/CPSU NSW is affiliated with the Workers Health Centre (WHC), which assists workers with workplace safety, rehabilitation, research and education.

The WHC, which has developed a partnership with the team from Population Health at Western Sydney Local Health District, is pleased to assist in promoting the Health District programs as part of its commitment to health education for working people. During COVID-19 the mental health of members is a particular issue and the Get Healthy at Work program HERE has a particular focus on this issue.

This is a free program that aims to improve the health of working adults and reduce the prevalence of chronic disease by helping them make small changes to modifiable lifestyle risk factors and create healthy workplace environments.

As part of the program, workers are offered a free and confidential online Healthy Lifestyle Check. In addition to mental ill-health workers can find out about their risk of type 2 diabetes and heart disease. Workers will also receive advice on some simple changes they can make to improve their health, and those identified as high-risk will be provided with referrals to a lifestyle health program and other health services.

If you would like the Workers Health Centre to come to your workplace and conduct a confidential voluntary health check for your co-workers please contact admin@workershealth.com.au.