

WELLNESS

PROMOTING A HEALTHY CULTURE

Being healthy and well means being in a good state of mental and physical well-being. Every employee needs to ask themselves if they are healthy and well each day that they come to work.

WHAT DOES BEING HEALTHY OR WELL MEAN?

BEING HEALTHY CAN MEAN DIFFERENT THINGS FOR DIFFERENT PEOPLE, BUT THESE ARE THE MAIN PRINCIPLES:



- Being in a state of complete emotional and physical well-being, feeling fit, strong and confident;
- Being medically assessed to be fit enough to safely do a specific job or task;
- Being free of disease and having the ability to recover from an illness or related problems;
- Having the mental capacity to make reasonable decisions and judgements on day to day life activities; and
- Being alert and attentive, and not under the influence of drugs or alcohol

WHY IS IT IMPORTANT TO BE HEALTHY AND WELL?



- Improves your productivity in the workplace and in your personal life;
- Increases motivation to stay in work, ability to recover from sickness quicker and reduces risk of long-term illness;
- Reduces workplace incidents, injuries, diseases, ill-health and even death;
- Reduces absenteeism from work and lowers healthcare costs or expenses; and
- Reduces workplace fatigue or stress, and fosters teamwork and a positive work environment

WHAT MUST YOU DO TO MAKE SURE YOU ARE ALWAYS HEALTHY?



- Undergo entry, periodic and exit medicals as per ATS or client requirements;
- Get vaccinated against common diseases such as Yellow Fever, Typhoid and Hepatitis A;
- Eat healthy, exercise regularly and live an active life both at work and at home;
- Reduce or stop the intake of alcohol, recreational drugs and smoking;
- Obtain enough rest and sleep in between shifts, especially if you do night work

HOW DOES ATS MAKE SURE WE ARE FIT FOR WORK?



- Through health/ wellness promotional awareness activities that all employees participate in;
- By conducting mandatory entry, periodic and exit medical examinations for all employees;
- Preventing unfit workers from conducting work until they are medically cleared to do so;
- By ensuring that at risk employees are tested and vaccinated against common workplace illnesses; and
- Through education, training, acceptance and inclusivity within the workplace environment

Are you living a healthy life? Check Yourself, Live Happy and Live Longer