



## Health and Wellbeing program took centre stage in 2021

The Rozelle Interchange Project's wellbeing focus for 2021 centred on the health of our people both physically and mentally. The Project launched a new wellness strategy via a video recording in July 2021 focusing on care, a core project value, amidst state wide lockdowns including a pause on construction.

Alongside the updated wellness strategy, a new health and wellbeing online portal went live to ensure all employees were equally supported, proving particularly beneficial during the COVID lockdowns. Several initiatives were rolled out based on the following four key health and wellbeing pillars to make up a holistic approach to wellness:

- Physical Health and Fitness
- Mental Health
- Injury Prevention
- Hydration/Nutrition & Fatigue.



### Physical Health and Fitness

The Project's local run club took off from the starting blocks by running around the Balmain area, complimented with gym discounts for anytime fitness and 707 gym available through the new health and wellbeing online portal.

Mid year lockdowns, a construction shutdown and gym closures, didn't slow our pace as we conducted daily 10-minute virtual fitness sessions accessible to start the day from home alongside home workout videos. We also delivered face-to-face bootcamp sessions, pre and post lockdown, to provide a platform for physical health advancements for our team members while also supporting a small local business, JR Fitness.

Multiple team members participated in the 'push up challenge' in May, to raise awareness and funds for mental health. Money raised was donated to the *Push for Better*, *Headspace* and *Lifeline* foundations.



### Mental Health

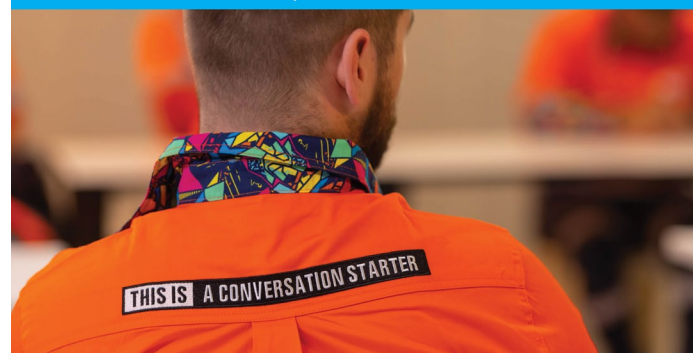
2021 was a busy year for all things mental health. The repercussions of COVID provided a vast array of challenges for everyone. We're proud to demonstrate that support and awareness for mental health was at the forefront of our health and wellbeing strategy.

These initiatives included increasing the number of mental health first aiders (MHFA) trained to 65, to provide site-wide support. We introduced a monthly counsellor visit, allowing free access to a mental health check in for all employees, onsite or virtual. We also produced mental health educational videos including MHFA and what to expect from the EAP to help reduce the stigma around seeking mental health support.

The Project also engaged staff with resources for Mental Health Month, R U OK? Day and Movember. Resources included pre-start toolboxes, access to EAP and a personalised card delivered to all 1100 employees homes, reiterating the importance of asking R U OK ? and showing support.

Rozelle Interchange  
WestConnex

Mental Health First Aiders  
Let's start the conversation







## Injury Prevention

The Project launched the pre-start stretching and injury screening program onsite. This includes pre-start warm-ups aimed and educating the workforce to listen to their bodies and identify when early muscular stress changes are occurring.

We further developed our partnership with Balmain Sports Medicine, who continue to provide excellent care treating our workforce's workplace injuries as well as providing injury prevention educational tools and information.

During the WFH period we produced a daily virtual stretching session called 'Motion is Lotion'. This resource was available to all employees to ensure they were preparing to work from home correctly and to help reduce the incidence of muscular stress. We also developed an online seminar to assist in setting up home offices as ergonomically as possible, plus a range of exercise videos were distributed on our online wellness platform.



Motion is lotion – Daily virtual 5 minute stretches.  
Even the kiddies & family can join in!



## Hydration, Nutrition and Fatigue

At the tunnel sites 13,153 healthy meals were purchased from the vending machines highlighting the success of this initiative to provide easy, healthy and convenient food options for our shift workers. We also conducted pre-start presentations about healthy eating and fatigue management for employees working on shifts. Additionally, the Project provided discounted healthy meals from YOUFOODZ for staff.

A dietetic expert from local healthcare provider, Balmain Sports Medicine presented healthy eating tips, which was shared with all employees. As a part of the wellness initiative all who signed up through the Health and Wellbeing website received a free customised wellness water bottle to help promote good hydration habits onsite.

