

## BEST PRACTICE

**LOCATION:**  
**ACTIVITY:** Occupational Health  
**SUB ACTIVITY:** N/A  
**BEST PRACTICE No:** BP670

**ARTICLE YEAR:** 2009  
**COMPANY:** Barr Quarries  
**COMPANY LOCATION:** Killoch Depot, Ayrshire  
**COMPANY TEL:** 01290 700700

### TITLE

Healthy Working Lives

### ARTICLE

In September 2008, Barr Industrial made a commitment to introduce the Scottish Executive initiative, Healthy Working Lives (HWL) into its workplaces.

The aim of introducing this programme was to promote a healthier and safer workplace. This was achieved by reviewing the working environments and implementing good health, safety and welfare, as well as employment policies and practices.

The HWL programme forms part of Barr™s overall occupational health strategy to:

- Reduce and prevent work related injury and disease.
- Reduce short and long term absences.
- Maintain its health surveillance programme to detect potential problems at an early stage.
- Promote health and well-being in the workplace.

The health issues that were of concern to employees were identified through an employee survey.

Each month a different health initiative is tackled. Healthy eating, no smoking, common cancers, physical exercise and stress in the workplace have all been addressed so far.

An example is the healthy eating initiative. Barr arranged for fresh fruit to be available each day to all employees and a Weight Watchers advisor held information talks for employees with a weight problem.

To increase employee participation in physical activity a team walk was organised from Land™s End to John O™Groa

### ARTICLE IMAGES