

Company News

23 October, 2017

Safe Work Month October – Mental Health Awareness

Health and Safety assurance is an integral part of Bundaberg Sugar's operations.

Part of that is the company's Health and Wellbeing program for employees. During Safe Work Month October the topic of "*Mental Health Awareness*" was chosen to promote wellbeing. In partnership with Beyondblue and BUPA, an education program was put in place to make workers more aware of mental health issues. This included dealing with stress, depression and anxiety; not only for themselves but learning ways they can help their family or friends who may be going through a tough time.

Safe Work Month activities were held at company sites where a Beyondblue guest speaker spoke to the workforce on these topics. In addition, toolbox talks on mental health awareness were conducted at all Bundaberg Sugar sites during the month.

Safety Manager, Kim Norgaard said each year Bundaberg Sugar joins with Workplace Health & Safety (Qld) in acknowledging Safe Work Month October to build awareness of health and safety in the workplace.

"World Mental Health Day falls in October so we decided to adopt this topic for our Safe Work Month activities.

"The positive interest and feedback we've received from our workforce in relation to the chosen topic is an indication of how mental health issues affect so many in some way," she said.



(l-r) Bundaberg Sugar employees Karl Aplin, Gavin Lerch, Beyondblue guest speaker Graham Jackson and Bundaberg Sugar Safety Manager, Kim Norgaard.