



POLICY //

Health & Wellbeing

Alder Constructions was established in 2003 and undertakes commercial building, civil and infrastructure projects. Our core company goals and objectives underpin all our policies and work procedures. These are to deliver profitable, sustainable and quality building and civil projects, in an enjoyable, family-feel environment for the well-being of all stakeholders.

Alder Constructions is committed to the health and wellbeing of our employees. We recognise our employees are our greatest asset. Our objective is to create a workplace culture that values, encourages, supports and promotes healthy lifestyles aimed at improving the overall physical and mental health and wellbeing of all of our employees and stakeholders.

This policy is implemented in conjunction with our health and safety policy and Drug and Alcohol Policy aimed at reducing and preventing workplace incidents, injuries and illnesses overall.

Alder Constructions aims to create a healthier workplace by:

- encouraging all employees to make positive choices towards improving poor health and lifestyle related diseases including; smoking, healthy eating, drugs and alcohol and physical activity;
- treating any illness at first symptoms with medical consultation;
- being aware of transmittal of contagious illness, infection and disease by;
 - alerting your workgroup and taking necessary precautions;
 - isolation from coworkers, taking sick leave or;
 - implementing protective measures if working in a shared area within the workplace including but not limited to, face masks; disinfectant, restricting shared items, restricted contact, etc;
- raising awareness about issues that impact health and wellbeing;
- improving all employees' knowledge of health and wellbeing;
- commit to the blueprint for better mental health and suicide prevention;
- providing a communicated Employee Assistance Program (EAP); and
- assisting in managing health checks, medical assessments and skin cancer checks.

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