



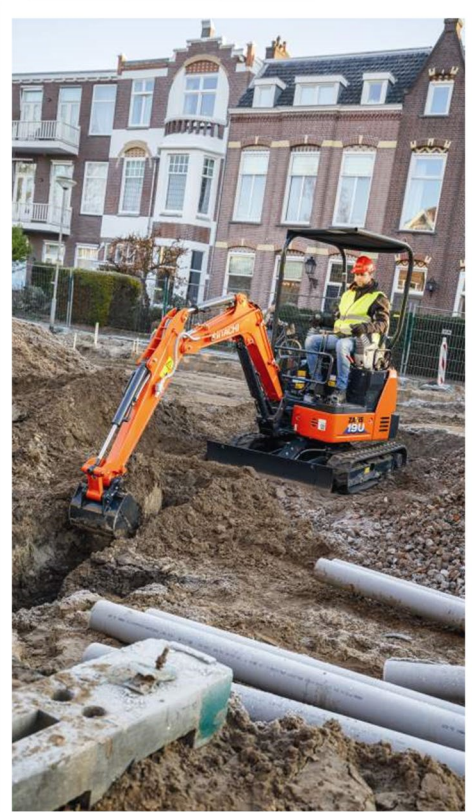
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# Better Health at Work

Sara Whittaker – Health and Wellbeing Advisor

## What do we do?



Supply construction machines including wheel loaders, wheeled and tracked excavators to the UK and Irish construction industry

- Configure machines to customer's specification
- Repair and maintain machines
- Sale and supply of used equipment



## Who are we?

- Just over 300 staff
- Head office in Hebburn, South Tyneside
- 14 depots across the country
- 83% of workforce are male

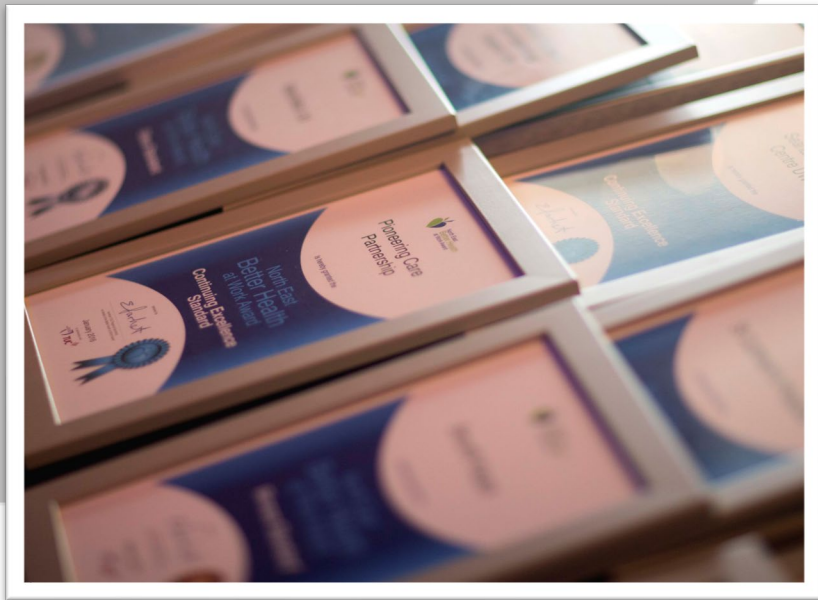
### Made up of:

- office staff
- workshop staff
- field service engineers
- sales teams
- warehouse and counter staff



# What is my role?

- Lead on health and wellbeing across the business
- Lead on the BHAW programme across the business
- Lead Health Advocate for the business
- Look after the mental health team
- Introduce health and wellbeing at onboarding
- Chair the health and wellbeing committee
- Organise Occupational Health screening programme and regular drop in clinics



## Our journey so far

Signed up to the programme in April 2022

Achieved Bronze in December 2022

Obtained the Special Recognition Award in February 2023

Achieved Silver in December 2023

Working towards Gold



**Better Health**  
at Work Award

Silver Award



Health at the Heart of Hitachi

# Our campaigns – how do we communicate?

- Community Events
- Competitions and Quizzes
- Display Boards
- Information Points
- Intranet
- Newsletters
- Podcast
- Posters
- Video
- Workshops




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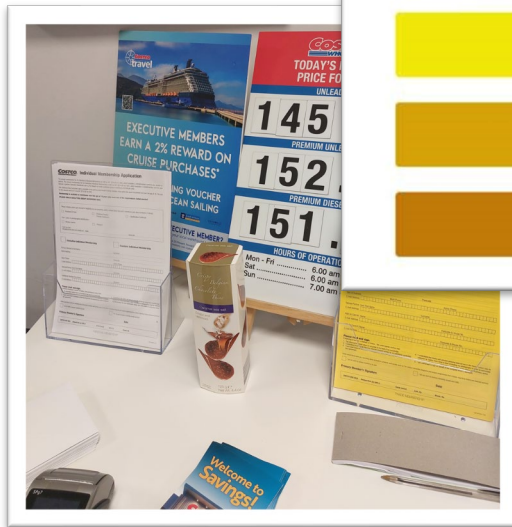
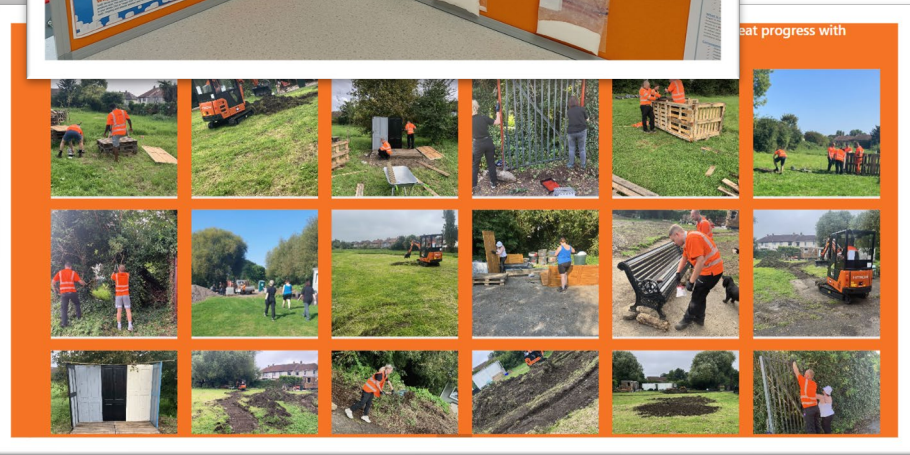
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## Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.





-  Doing ok. You're probably well hydrated. Drink water as normal.
-  You're just fine. You're a little water now, or drink a little water now.
-  Drink about 1/2 liter (1/2 liter) within the hour, or (1/2 liter) of water and/or sweating.
-  Drink about 1/2 liter (1/2 liter) right now, or drink 1/2 liter of water if you're sweating.
-  Drink 2 bottles of water right now, or drink 2 bottles of water if you're sweating.



## Famous Faces Smile Quiz Answers

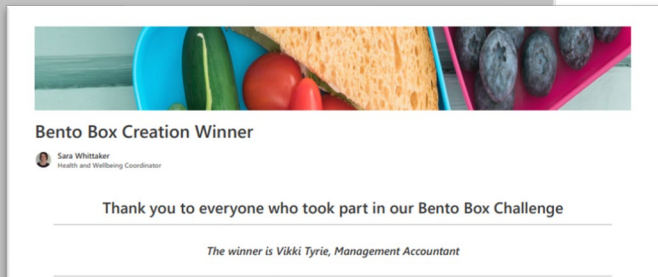
Thank you to everyone who took part in our smile quiz as part of National Smile Month

The answers are provided below

This flamboyant singer is often regarded as the greatest showman in rock music.	Freddie Mercury	
A Hollywood icon and blonde bombshell.	Marilyn Monroe	
This actress has royal connections.	Meghan Markle	
This British comedian might be seen around The Office.	Ricky Gervais	

# Our topics

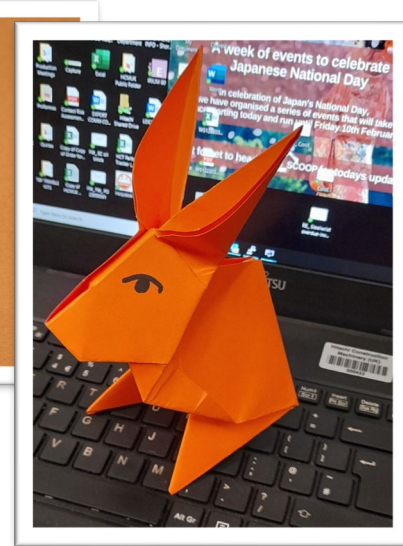
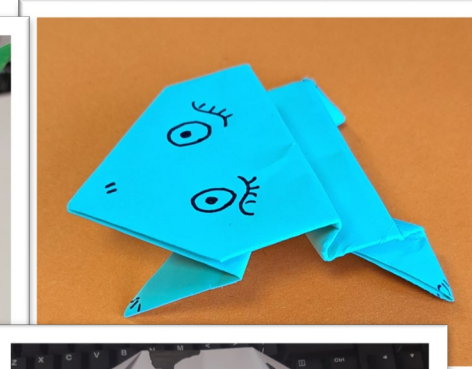
- Link topics for a more holistic approach and use data you already have
- Examples:
  - Gut health for Bowel Cancer Awareness Week
  - Work/life balance and healthy eating in Stress Awareness Month
  - Yoga taster session for Stress Awareness Month
  - Shake the salt in Know Your Numbers week



Congratulations Vikki you have won a £50 M&S voucher

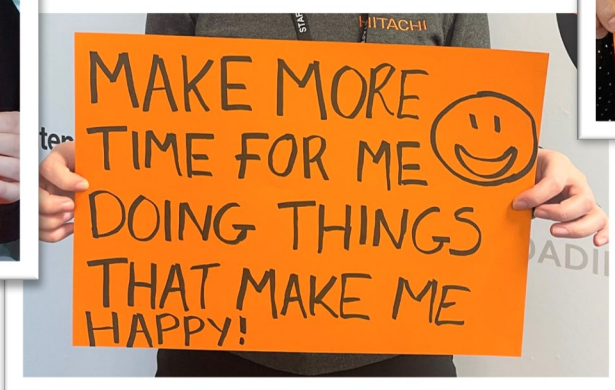
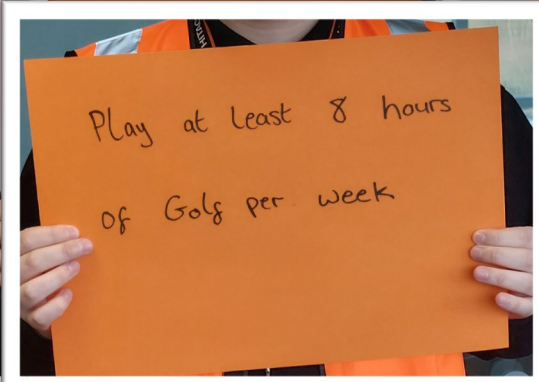
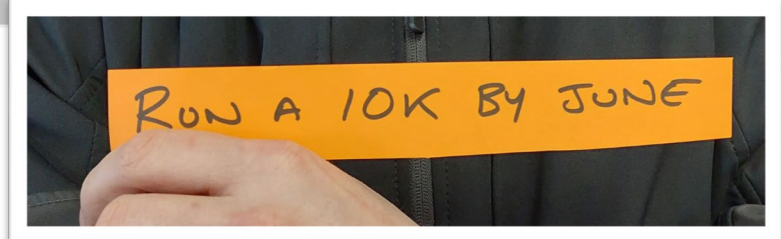
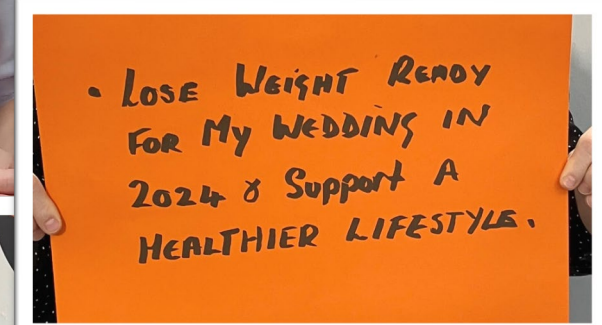
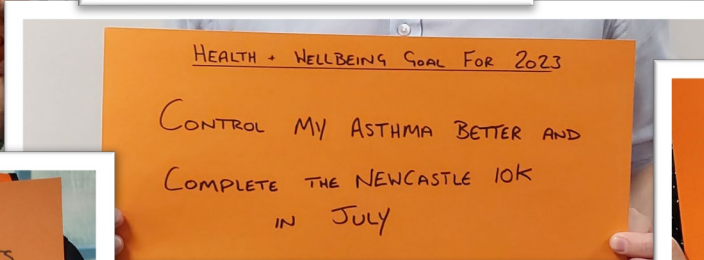
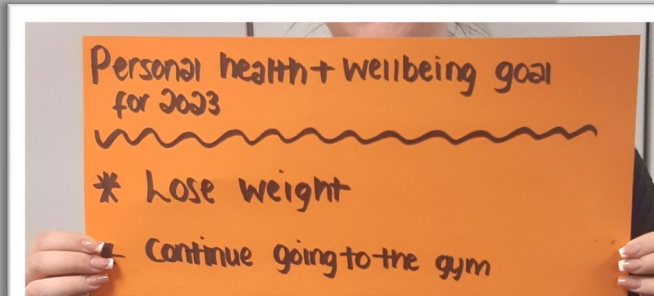
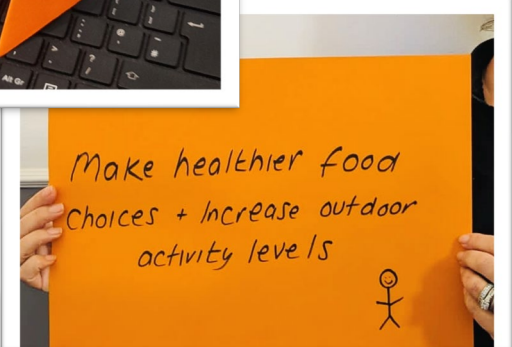
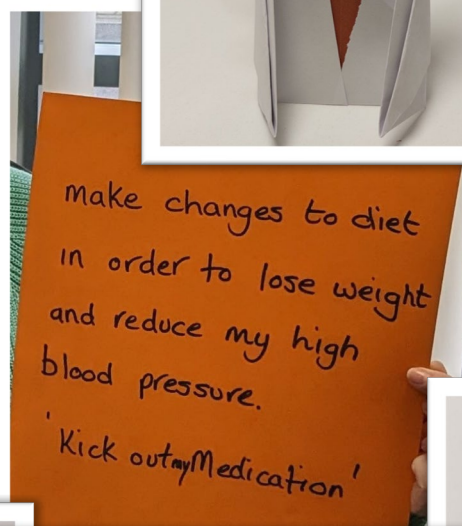


# Japanese National Day 2023



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# Our health and wellbeing support



**CORPORATE MEMBERSHIP**

**£21.59\***

**PER MONTH**

PICK UP A CORPORATE CARD TO JOIN FOR FREE






96 Ellison St  
Jarrow  
NE32 3JU

**JOIN ONLINE NOW!**  
**38FITNESS.CO.UK**

\*Limited availability. Terms and conditions apply. Speak to a member of the team for more information.

### Our Health and Wellbeing Schemes

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 <p><b>Gym Membership/ Home Gym Equipment Purchase</b></p> <p>A £200 contribution towards the cost of membership of a private or public gym or leisure centre of your choice or reimburse you with up to 75% of the purchase price of home gym equipment, up to £200</p> <p>Paid on submission of evidence and continued membership</p>	 <p><b>Private Sports Club Membership</b></p> <p>A £200 contribution towards the cost of membership to participate and use a private sports club such as golf, tennis, or cricket</p> <p>Paid on submission of evidence and continued membership</p>	 <p><b>Cycle to Work Scheme</b></p> <p>A payment of up to £200 will be made towards the cost of participating in the scheme.</p> <p>Monthly payments will be made directly to the employee</p> <p>Employee must have a permanent place of work</p> <p>Remote workers or those assigned a company vehicle or car allowance cannot participate in this scheme</p>	 <p><b>HCMUK Bike Scheme</b></p> <p>A £200 contribution towards the purchase of a bike (including exercise bike). The cycle can be purchased from a retailer of your choice.</p> <p>Must be for your personal use. A one-off payment on proof of purchase</p> <p>Significant purchases can be claimed in more than one year</p>	 <p><b>Heritage Conservation Membership</b></p> <p>The company will reimburse you with up to 75% of the purchase price of membership to the National Trust/National Trust Scotland/Historic England or English Heritage</p> <p>Paid on submission of evidence and continued membership</p>
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PROUD TO SUPPORT

**The Lighthouse Construction Industry Charity and their Help Inside the Hard Hat Campaign**

Providing emotional, physical and financial support to construction workers and their families across the UK and Ireland.

**Help Inside the Hard Hat**

Construction Industry Helpline  
UK 0345 605 1956  
ROI 1800 939 122


Supported by




## HEALTH AND WELLBEING

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**Health and Wellbeing Benefits**



Corporate discount available at South Tyneside Leisure Centres

- Multi Activity - £24.50 per month (£7.83 per month if using the £200 allowance outlined in the Health and Wellbeing Contribution Policy)
- Duo Activity - £20.50 per month (£3.83 per month if using the £200 allowance outlined in the Health and Wellbeing Contribution Policy)

Corporate discount available at 38 Fitness Gym in Jarrow

Health at the Heart of Hitachi

# Top tips for success

- Make the most of free resources – Internet, customers, local organisations and businesses, supply chain partners
- Link campaigns together for a more holistic approach and use the data you already have.
- Add fun into campaigns where you can
- Communicate in different ways - tell stories, be aware of your audience(s)



- Informal chats - make every conversation count (kitchen, corridor, canteen)
- Make notes about campaigns as you go – don't leave it all until the last minute
- Don't get disheartened if engagement is low



Thank you

Thanks for listening

If you want to get in touch:

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