Preventive Healthcare Resource Referral Guide

This table lists a number of local and nationally recognised organisations that support workplaces and individuals around safe levels of alcohol consumption. Additionally, there are suggested links to individual supports for people
who may have problems with their alcohol intake.

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| Strategies | Healthy vision | Healthy places | Healthy people |  resources |
| Include the preventive health care checks and immunisations that your workplace will support in policies and procedures. | • |  |  | [Your health checks and screening • Wellbeing SA](https://www.wellbeingsa.sa.gov.au/your-wellbeing/your-health-checks-screening)[Aboriginal health checks and screening • Wellbeing SA](https://www.wellbeingsa.sa.gov.au/our-work/screening-information-for-providers/aboriginal-health-checks-screening) |
| Provide wellbeing leave or allow workers flexitime to attend appointments with health professionals for preventive care. | • |  |  | Work life balance | SafeWork SA |
| If your workplace undertakes pre-employment health assessment checks, take the opportunity to use the results to inform your workplace health and wellbeing program. | • |  |  |  |
| Implement a comprehensive sun protection program, including policy and education about detecting skin cancer early through skin checks for employees (where relevant). | • |  |  | [Skin cancer and outdoor work](https://www.sunsmart.com.au/downloads/resources/booklets/skin-cancer-outdoor-work-employer-booklet.pdf) |
| Use a risk management approach and comply with health monitoring requirements if workers are exposed to hazardous chemicals or asbestos. | • |  |  | [Hazardous chemicals | SafeWork SA](https://www.safework.sa.gov.au/workplaces/chemicals-substances-and-explosives/hazardous-chemicals) [Preparation of safety data sheets for hazardous chemicals - Code of Practice](https://www.safework.sa.gov.au/__data/assets/pdf_file/0008/136277/Preparation-of-safety-data-sheets-for-hazardous-chemicals.pdf).[Asbestos | SafeWork SA](https://www.safework.sa.gov.au/workplaces/chemicals-substances-and-explosives/asbestos) |
| Make sure you consult workers and that diversity and inclusion principles are applied to groups with particular health needs in your workforce. | • |  |  | [Equal opportunity and diversity](https://business.gov.au/people/employees/equal-opportunity-and-diversity) |
| Use posters to promote national cancer screening programs, such as Breast Screen, bowel cancer screening, and cervical cancer screening. |  | • |  | [Cancer Council SA](https://www.cancersa.org.au/get-screened-and-get-on-with-living/download-resources/) |
| Minimise the risk of noise, vibration, and exposure to hazardous substances and injuries. |  |  |  | [Noise and vibration | SafeWork SA](https://www.safework.sa.gov.au/workers/health-and-wellbeing/noise-vibration) |
| Provide personal protective equipment (PPE) and clothing to protect workers from physical, chemical, or biological exposure. |  | • |  | [Personal protective equipment | SafeWork SA](https://www.safework.sa.gov.au/workers/personal-protective-equipment)[Managing hazards | SafeWork SA](https://www.safework.sa.gov.au/resources/simple-steps-to-safety/managing-hazards) |
| Make reasonable accommodations such as making the workplace accessible, providing ergonomic. workstations or equipment that to help workers to fulfill their duties at work. |  | • |  | [Model Code of Practice: Managing the work environment and facilities (safework.sa.gov.au)](https://www.safework.sa.gov.au/__data/assets/pdf_file/0007/136276/Managing-the-work-environment-and-facilities.pdf)  |
| Offer staff access to confidential personal health assessments. These can focus on chronic disease risk factors but also include sight and hearing tests, psycho-social tests, stress and blood screening tests.  |  |  | • |  |
| Ask health professionals to come and speak about the importance of early cancer detection and prevention of health conditions. |  |  | • |  |
| Encourage workers to use the Better Healthy Coaching Service a free telephone coaching service to support healthy lifestyle change. |  |  | • | The Better Health Coaching Service is a free, evidence based, confidential telephone program designed to support South Australians to be active, eat well and reduce the risk of chronic disease. [betterhealth.sa.gov.au](http://betterhealth.sa.gov.au/) |
| Provide clear, evidence-based information that demonstrates the importance of immunisation and offer onsite vaccinations. |  |  | • | [SA Health Vaccines](https://www.sahealth.sa.gov.au/wps/wcm/connect/public%2Bcontent/sa%2Bhealth%2Binternet/conditions/immunisation/vaccines/vaccines) |
| Create a staff health newsletter or lending library, including health journals, quality nutrition and fitness books or magazines, and information on personal health goal setting. |  |  | • | [Cancer Learning | Professional development and learning in cancer care](https://www.cancerlearning.gov.au/) |
| Educate workers about the importance of early detection and encourage them to consult a doctor if they notice changes. |  |  | • | [Early detection and screening | Cancer Council](https://www.cancer.org.au/cancer-information/causes-and-prevention/early-detection-and-screening) |
| Host a general wellness challenge over several weeks that focuses on health promoting behaviours. |  |  | • | [10,000 Steps Challenge](https://www.10000steps.org.au/)[Organise your own workplace activity | SafeWork SA](https://www.safework.sa.gov.au/resources/national-safework-month/organise-your-own-workplace-activity) |
| Promote digital platforms that workers can access for evidence-based and trusted health information and advice from experts (e.g. Health Direct). |  |  | • | [Trusted Health Advice | healthdirect](https://www.healthdirect.gov.au/)  |
| Run an annual family fun day or workplace picnic. Consider getting a guest celebrity to attend or provide free healthy giveaways. Think about a broad range of activities like egg and spoon races, healthy cooking challenges, gameshows or quiz nights. |  |  | • |  |
| Survey staff about local volunteer and fundraising opportunities and establish committees to increase participation (as appropriate). |  |  | • | [Volunteering sa&nt](https://www.volunteeringsa-nt.org.au/) |