

# Healthy Workplaces



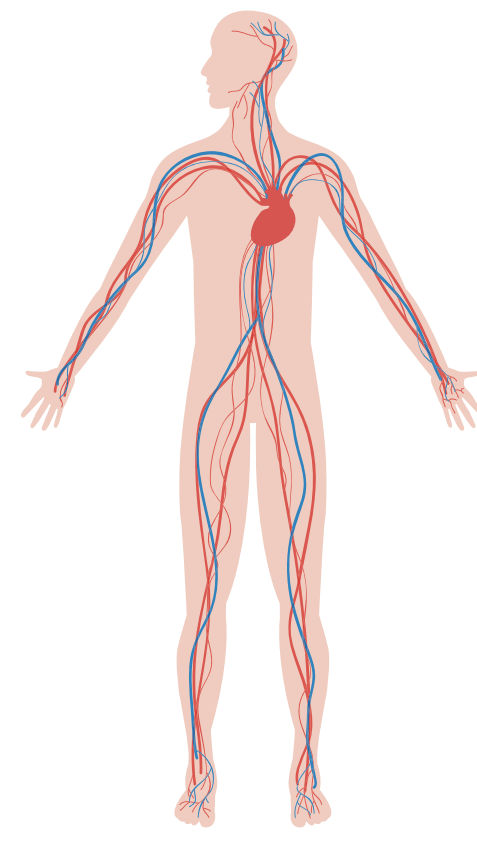
**Upskilling@Work**

enhancing skills | increasing productivity

**Uwchsgilio@Waith**

gwella sgiliau | cynyddu cynhyrchaeth

Healthier workforces are more productive. Being recognised as an employer that takes the health and wellbeing of employees seriously reflects positively on the reputation and culture of any organisation.



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It is estimated that employers can make a return on investment of £3 for every £1 committed to health and wellbeing in the workplace.

**Upskilling@Work offers discounted training for employers across South Wales**

Find out more

[www.upskillingatwork.co.uk](http://www.upskillingatwork.co.uk)

## Get Physical

Here's some ideas to help staff be more active in work, as well as out of work.

Provide information and encourage green travel options, including active commuting



Sign up to the bike purchase salary sacrifice scheme



Run a pedometer challenge to find out how active your workplace is



UNDEB EWROPEAIDD  
EUROPEAN UNION



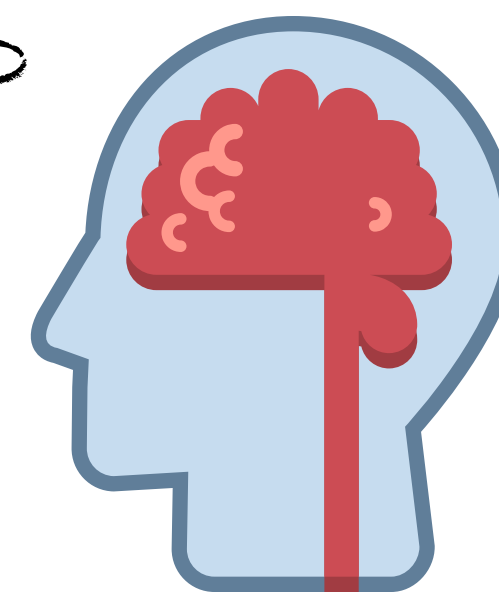
Llywodraeth Cymru  
Welsh Government

**Cronfa Gymdeithasol Ewrop  
European Social Fund**

## Mental Health

Mental ill-health is the biggest cause of sick leave in the UK

Almost one in three people have experienced mental health issues



**Further Information**  
(Click for Website)

Welsh Government  
Information on Health at Work

Healthy Working Wales  
Website

Mind (The Charity) -  
Information on Mental  
Health at Work



**Tips for your Business**



Promote a supportive working environment with regular catch-ups

Encourage and promote an open environment at work

Keep records of sickness absence and use them to analyse the causes of absence