

CALM wins Heart Award

CALM has won the 1995 Heart at Work Award for the Most Outstanding Program for more than 100 employees.

Heart at Work awards give recognition to the efforts of organisations working towards improving the health of their staffs; they are offered every two years by the Western Australian Division of the National Heart Foundation, and are sponsored by *Business Directions* magazine.

The award in the Most Outstanding Program category goes to the organisation that best meets the following criteria:

- ◆ planning through consultation with workplace representatives
- ◆ management support and participation
- ◆ employee support and participation
- ◆ availability to all workers
- ◆ evidence of evaluation
- ◆ family and community

involvement

- ◆ broad range of programs and activities implemented, and
- ◆ formulation of policies related to the health of employees.

Principal risk management officer John Ireland said this was an exceptional achievement for CALM, and vindicated the efforts that health and fitness officer Linda Gilbert had applied so diligently in getting the worksite fitness programs up and running.

"Regional and district managers and staff also have reason to feel proud, as without their enthusiasm and willing co-operation, winning the award wouldn't have been possible," John said.

The Heart Foundation's newsletter detailed one of several examples of CALM's management and employee support for the program:

"The employees at

CALM are encouraged to design and implement their own program, with support from management and a health and fitness consultant.

An example of this employee support was shown by the Manjimup workcentre, where staff felt that an exercise facility would benefit their program, so they successfully tendered for a job planting trees on a farm. They completed the job over one weekend.

The funds from this work were used to purchase gymnasium equipment and make the necessary modifications to a venue on site to provide a fitness house."

The January issue of *Business Directions* magazine had this to say:

"With 1300 staff throughout the State, the program successfully manages to reach employees by way of

newsletter, facsimile, e-mail and telephone communication, in addition to regular health and safety training programs.

"Workgroups are encouraged to utilise the facilities they have in their area, ranging from canoeing in Kalbarri's Murchison Gorge and abseiling in Margaret River. Regular exercise is conducted in and around the yards, including bush walking or riding and utilising pooled exercise equipment in CALM gymnasiums."

John said other organisations reading these publications might be encouraged by CALM's success and wish to start their own health and fitness program.

"Those of a similar size to CALM are welcome to contact us for advice, and should phone Linda Gilbert on (09) 334 0397 or send her a fax on 334 0478," John said.



Executive Director of the Heart Foundation, Bob Naylor presents the Heart at Work Award to CALM's Director Regional Services Chris Haynes, while Worksite Health Officer Susan Wall looks on. Photo by courtesy Business Directions

DIRECTIONS

Ideas and Inspiration for Better Business



est B e

any

12:12'95

P.1 Contents 100%

P.3 145%

HEART. Doc