

Healthy Heads Talk No 1.

Support for all

This Healthy Heads Talk is an introduction to Healthy Heads in Trucks & Sheds.

Who it's for. What our aim is. Why we need it. Where to learn more.

You'll need at least one copy of the handbook.

More would be better for handing out on the day.

And to have the App on your mobile.

Take the time to have a couple of rehearsals, using the following script as a guide.

Don't be afraid to find your own words.

Just remember, we want to clear, concise and approachable.

We also want to encourage people to become members of Healthy Heads.

Slide 1 – Support for all

Script

Support for all in the warehousing, transport, and logistics industry.

This is what Healthy heads in Trucks & Sheds is about.



[Scan here to download the Healthy Heads App](#)

Slide 2 – Helping your workplace be a healthy and thriving workplace.

Script

Or to put it another way,

Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

Which includes all of us here and the people we work with.

Healthy Heads in Trucks & Sheds is a not-for-profit, independent foundation.

People at all levels across the warehouse, transport and logistics industry are involved.

Its only agenda is to improve things for all.

Firstly, by improving our physical and mental health through education.

From diet and sleep, to exercise and handling stress. They all go hand in hand.


Secondly, they're training more people on the ground on mental health.

From what impacts our mental health and how to help someone find help if needed.

Action note: *This is an opportunity to mention someone they all know who has had training.*

And lastly, they're evolving industry standards to reduce stress.

Looking at work behaviours and job demands. This will be an ongoing task.


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Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

- Improving physical and mental health
- Training more on mental health
- Improving industry standards to reduce stress

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Slide 3 – The need is real.

Script

As you can see here, our industry has stuff we can improve.
We need to do something. Both physically as well as mentally.

Action note: Highlight selected stats that relate best to those in the huddle.
Be sure to include physical and mental health stats.



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Slide 4 – We need to look after our mental health the same way we do our physical health.

Script

We need to look after our mental health the same way we do our physical health.

This just makes sense.

If I get sick or injured, I do something about it.


Sometimes I can fix minor scrapes myself. Other times I need an expert.

Our mental health is the same. For some of us this is a shift in thinking.

Which is why we need to build awareness and understanding.

Back it up with tools and practical knowhow.

And make looking after ourselves part of how we work - every day.


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We need to look after our mental health the same way we do our physical health.

- Build awareness and understanding
- Provide tools and practical knowhow
- Embed healthier practices

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Slide 5 – Support online.

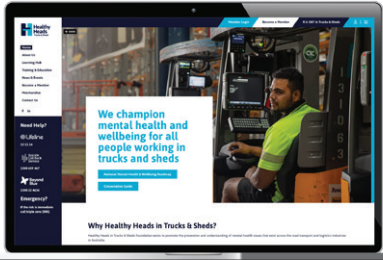
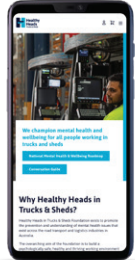
Script

More info and useful stuff can be found at healthyheads.org.au
As your manager, I've already done some of the online training
and can say I have a better understanding of this stuff than I did before.
We all have things we can learn to be better at.


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Support online.

- healthyheads.org.au
- Learning Hub.
- Online training.

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Scan here to download the Healthy Heads App

Slide 6 – Support on hand.

Script

Support on hand. Another great resource is the App.


Action note: *Hold up the app*

We all know how handy they can be and easy to dip in and out of.
And there's this handbook too.

Action note: *Hold up the handbook.*

Both have been created for us and our industry.

Just holla if you'd like a Handbook. Or...


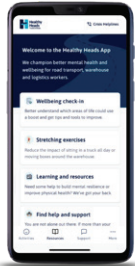


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Support on hand.

- Download the healthyheads app for tips and tools.
- Ask your manager about Workforce Handbooks.

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Scan here to download the Healthy Heads App

Slide 7 – Join the cause that supports you.

Script


...better yet, join the cause that supports you by becoming a Member.

When you do, you can access the Handbook online if you'd prefer.

Plus heaps of other useful stuff.



It's free at healthyheads.org.au. And the more of us who join, the better we all become.

Any questions?


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Join the cause that supports you. Become a member.

- It's free at healthyheads.org.au
- The more who join the better we all become

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Scan here to download the Healthy Heads App