



23 October 2017

Guy Barnett, Minister for Building and Construction

Michael Ferguson, Minister for Health

Launch of Healthy Tasmanian Workplaces and Ritualize App

The Minister for Building and Construction, Guy Barnett, and the Minister for Health, Michael Ferguson today jointly launched the Healthy Tasmanian Workplaces and Worksafe Tasmania's 'Ritualize' App.

Officially launched at the WorkSafer Expo as part of Worksafe month, Healthy Tasmanian Workplaces is part of the Hodgman Government's Healthy Tasmania Five Year Strategic Plan, and aims to help workplaces turn their good intentions into sustainable healthy habits and improve the health and wellbeing for Tasmanian workers.

Minister Ferguson said promoting healthy lifestyle choices in the workplace can have a positive impact on the prevention of injury, illness and absences from work.

“As many of us spend a significant amount of time at work every year, it makes sense to incorporate the Healthy Tasmania Plan into the workplace”, Mr Ferguson said.

“By focusing on things such as smoking, obesity, poor nutrition, and low physical activity levels, workers are given the power to make changes to their habits to live a healthier and happier life.”

Minister Barnett said that part of the Healthy Tasmanian Workplaces initiative is the Ritualize Tasmania app, which is free to download from 20 November.

“The Ritualize Tasmania app will help workplaces engage with employees, challenging participants to work towards healthier and safer behaviours, including eating, physical activity and sleep”, Mr Barnett said.

“Through incremental lifestyle change, workers can work towards living a healthier and happier life.”

“Today's launch is one of a number of activities and events to help Tasmanians be safer and healthier at work which are being held throughout October as part of WorkSafe Month.”

Further information on Healthy Tasmanian Workplaces is available at:
www.worksafe.tas.gov.au/home