

Employee Health and Wellness (EHW) Breakfast Information Session

The Employee Health and Wellness Unit in the Office of the Premier (OTP) hosted a breakfast information session for staff at the Savoy Hotel on 28 November 2018.

Presentations around occupational health, wellness and safety were offered by the Department of Health in the Province and the Department of Labour together with the Office to create an interactive and insightful platform of engagement.

The OTP staff was treated to a healthy breakfast and an opportunity for a wellness screening which included a body massage.

Staff and management within The Office of Premier were encouraged to regularly screen their blood pressure, test for diabetes and maintain their body mass index as obesity is on the rise in South Africa. Obesity is said to be on the increase which could lead to inefficiency in the workplace, health issues causing disabilities and an early death.

Government is committed to reducing the double burden of disease through interactions such as physician counselling, worksite interventions, legislation into food labelling and reducing high levels of sodium and sugars in food, mass media campaigns and health promotions.

Health and wellness legislations are set to guide and regulate the physical, emotional and psychological conditions of all state employees to ensure productivity in the workplace. During the session employees were also encouraged to report any health or safety hazards within the workplace to improve working conditions for a more favourable outcome.

Ms Lizel Anthony from OTP thanked all stakeholders for their expertise and knowledge shared with employees and encouraged staff to apply the information and to share it with family members and the community at large.

