



Key Messaging

Developed by the OzHelp Foundation (OzHelp), in collaboration with truck drivers and the transport community, Health in Gear has been created to support the health and wellbeing of transport and logistics workers while they are on the job and at home.

You will find the Health in Gear (HiG) team onsite in the coming months to provide workers with free health checks and toolbox talks which will focus on how small actions can make a big difference when supporting your health and wellbeing.

Health Checks

HiG understands the challenges workers face when it comes to accessing health care support. Our health checks (also known as Truckie Tune Up's) have been developed to provide workers with an opportunity to have a brief chat about their health and wellbeing.

The chat is centered around a pre-screening health questionnaire followed by a physical health check that looks at blood pressure, cholesterol, and diabetes risk. The Tune Up is:

- Private and confidential
- Takes 10-15 minutes
- Led by a nurse and accompanying support worker

The results of the health check then highlight areas that a worker can focus on to improve their overall health and well-being. The HiG team then support the worker to develop an action plan, that is about small and achievable goals they can work towards. Progress is checked via phone call after 3 weeks, 3 months and 6 months to support workers to implement changes that are identified as important to them.

Toolbox Talk

Toolbox talks are designed to support healthy behaviours in the workplace and improve health outcomes. Health in Gear's 10–20-minute interactive session on how to prepare for your shift by moving well and stretching well, aims to increase workers' skills and knowledge around physical activity. Each session is accompanied by referral resources, which can be distributed to the workforce through your nominated company contact.

Support

It's important to remember that you don't need to be in crisis to seek help. Whether you have had a bad day, need someone to listen, or just want to have a chat, Health in Gear is here to support you.

Our team of qualified staff understand the unique challenges of the industry and can offer free phone support and counselling to transport and logistic workers and their families.

Call 1800 IN GEAR (1800 464 327) – available 24/7.



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Health in gear is a program developed by the OzHelp Foundation