

# LOGISTICS

## News

### COSTA LOGISTICS BOOST WORKFORCE HEALTH AND WELLBEING

By [David Stone](#) on 20 July 2011 [0 comments](#)

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**Costa Logistics, a supply chain solutions provider located in Derrimut in Melbourne's West, has had great success in improving the health and wellbeing of its workforce.**

Every day at Costa Logistics more than 200 workers in high-visibility vests and steel-capped boots get together to jog on the spot and stretch in unison before they get to work. The morning exercise program is designed to help workers 'limber up' ahead of a day's work in a low-temperature warehouse.



In addition to the stretching program, workers are strongly encouraged to do similar exercises at the end of their breaks throughout the day.

Costa Logistics Health and Safety Manager, Joe Boras, said health and wellbeing was one of the key contributors towards high productivity and high performing operations.

"Our morning exercise program came about because we saw the importance of warming up before shifts and we think there is real value in getting our team together proactively participating as a group," he said.

"We see our programs as an opportunity to not only contribute to staff morale and team-building, but also to help early intervention and minimise strain injuries."

Mr Boras said that health and wellbeing activities had generally increased awareness of health issues and contributed to high morale levels across the workplace.

The company uses its daily 'team talk' meetings, which involve the whole workforce, to raise awareness of OHS and health and wellbeing issues.

Health and wellbeing messages are also displayed around the workplace and employees have access to healthy food options through food vans and deals with local restaurants.



Costa Logistics' efforts in promoting health and wellbeing is a prime example of a project that can now be entered into the 2011 WorkSafe Awards.

As of this year, health and wellbeing initiatives can be entered into the Awards under the "Commitment to Workplace Health and Wellbeing" Category.

Mr Boras said that promoting the importance of health and wellbeing was an issue many organisations faced in the manufacturing industry.

"Programs like our morning exercise routine can be easily replicated, especially in industries that rely on manual handling," he said.

"Looking after the wellbeing of your workers should be a normal part of doing business, and is a commitment that pays dividends."

The WorkSafe Awards have been expanded and improved this year, introducing quick and easy online entry, broader categories and a public voting system that will help highlight Victoria's greatest workplace success stories.

Entries with the most votes from the public and industry experts and professionals each month will have their achievements promoted by WorkSafe.

To find out more about the new WorkSafe Awards visit [www.worksafeawards.com](http://www.worksafeawards.com)

Image courtesy of [www.workhealth.vic.gov.au](http://www.workhealth.vic.gov.au)

