

RESOLUTION 38 -2019
Workplace Wellness Best Practices

WHEREAS, The Borough of Woodbury Heights recognizes our ability to achieve our objectives successfully depends on the wellbeing of our employees. We acknowledge that the key elements of workplace wellness include the physical and cultural environments, as well as the policies, practices and procedures that guide our work; and

WHEREAS, The Borough of Woodbury Heights will provide a healthy workplace that values and enhances the health and wellbeing of all employees by implementing our workplace wellness program. This wellness policy provides the foundation for developing activities and modifying work environments and practices to support the health and wellbeing of all our employees. Positive benefits are also likely to extend beyond employees to positively impact families and the community as well; and

WHEREAS, The Borough of Woodbury Heights can choose to enhance its workplace wellness in a number of ways including but not limited by:

- Encouraging and supporting a workplace wellness committee, where appropriate
- Creating and supporting a workplace wellness program
- Consulting with employees to ensure workplace wellness strategies meet the needs of the workforce
- Supporting employee participation in wellness activities
- Supporting employees to adopt and maintain healthy behaviors and reduce unhealthy behaviors.

The Borough of Woodbury Heights will do all it can to enhance the wellness of employees by providing workplace environments and systems that are supportive of employee wellness. In addition, providing opportunity for employees to participate in offered wellness activities is critical for the success of such a wellness program. Contributing ideas and expertise to the work of the wellness committee or wellness coordinator will ensure the needs of the employees are addressed; and

WHEREAS, employees of the Borough of Woodbury Heights will be encouraged to contribute ideas and voluntarily participate in the wellness program.

The workplace wellness committee or wellness representatives, in conjunction with management, and JIF Wellness Director, will review the policy as deemed appropriate by management.

NOW, THEREFORE, BE IT RESOLVED, by the Borough of Woodbury Heights Borough Council with the Mayor concurring that the Workplace Wellness Best Practices is hereby authorized.

BOROUGH OF WOODBURY HEIGHTS



WILLIAM C. PACKER, MAYOR

ATTEST:



JANET PIZZI, CLERK/ADMINISTRATOR

NOTICE

The foregoing Resolution was duly adopted by the Borough Council of the Borough of Woodbury Heights at the Regular Meeting held on the 16th day of January, 2019.



JANET PIZZI, CLERK/ADMINISTRATOR



Health and Wellness Policy for BOROUGH OF WOODBURY HEIGHTS

Mission statement

Woodbury Heights Borough, recognizing that the health and wellbeing of our employees is important, will commit to providing a safe, healthy and supportive environment in which to work.

Objectives and strategies of the Borough of Woodbury Heights:

- Encourage employees to be more physically active (including reducing sitting time where practical) and promote awareness of key health issues for employees
- Encourage employees to provide input into health and wellbeing initiatives

Scope:

This policy applies to all employees and volunteers.

Responsibility:

Employees are encouraged to understand this policy and seek clarification from management where required. Employees are encouraged to support fellow employees in their awareness of this policy and contribute to the aim of providing a safe, healthy and supportive environment for all.

Managers have a responsibility to ensure that all employees are aware of this policy and should lead by example in actively supporting and contributing to the implementation of this policy.

Communication

- all employees receive a copy of this policy
- this policy is easily accessible by all members of the municipality
- employees are informed when a particular activity aligns with this policy
- employees are empowered to actively contribute and provide feedback to this policy and the activities offered under the policy.
- employees are notified of all changes made to this policy.

Monitoring and review

Effectiveness will be assessed through feedback from employees, the Wellness Committee or Wellness Coordinator as well as management.
