



## Work Health and Safety – Mike Cosgrove

Employee health and wellbeing is understood, valued and actively supported at all levels by the DPEM. DPEM recognises there are sections of the work environment that are considered to have high workloads with limited ability to control the volume of work.

Often these work environments also have safety critical tasks and/or high levels of organisational responsibility. These work groups may benefit from programs that educate, motivate and inspire employees to make healthier and better-informed choices, to positively impact upon their personal health, work productivity and overall quality of life.

The DPEM Health and Wellbeing Project goal is: To provide opportunities and encouragement to employees on the benefits of maintaining a balanced and healthy lifestyle.

Work Health and Safety Services have actively managed several major joint community partnership projects with the Menzies Institute of Research, University of Tasmania

and the Tasmanian Department of Health and Human Services Population Health, including projects such as Pacing Police and Good Fuel for Police. The purpose of these projects has been to develop evidence-based data on the barriers and enablers for members and employees of DPEM to enjoy a balanced and healthy life style.

DPEM now has a wealth of evidence-based data to support current and future health and wellbeing programs.

One of the programs, Exertime, is in the final stages of trial by the University of Tasmania and DPEM, and will be rolled out to all office-based computers within weeks. University of Tasmania Faculty of Education researchers Drs Scott Pedersen and Dean Cooley who developed Exertime won't tell you that sitting at a desk all day is killing you – but they can easily demonstrate that it could.

Research shows sitting for more than four hours each day can lead to increased risk factors associated with cardiovascular disease, diabetes and obesity. It is this fact that has led the innovative physical educators on a passionate quest to propel office-based employees out of their chairs to avoid health problems later in life.

In 2010, they created Exertime, a computer-based health initiative to reduce the amount of occupational sitting, which can add up to eight hours a day in some organisations, to stints of no more than four hours and preferably no more than 45 minutes at a time. The easy-to-use software provides a series of physical activities that are suitable to be completed at a desk or around the office.

For further information, contact Mike Cosgrove, Manager Work Health and Safety on 6173 2478 or email [mike.cosgrove@police.tas.gov.au](mailto:mike.cosgrove@police.tas.gov.au)

## Recruiting Services – Sergeant Eloise Penney and Constables Megan Williams and Alistair Williams

The team at Recruiting Services need your help! We are actively recruiting with the aim to fill Recruit Training Courses over the next three years from selection pools that we are establishing now. Tasmania Police has a very select group of members and you may be surprised to know just how competitive the selection process is. With this in mind, please be on the lookout for those people you believe have what it takes to become our colleagues. Encourage these people to express interest and offer them guidance and support - we've all been through the recruitment process and we all know how stressful it can be.

If you know someone who has expressed interest – let us know. We appreciate the time taken to refer an applicant to us, and what better screening process is there than a current member. You can contact us via email and let us





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# POLICE ASSOCIATION NEWS

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