

FIFO Village Life: Health and Wellbeing

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'Improving health and safety in challenging times'

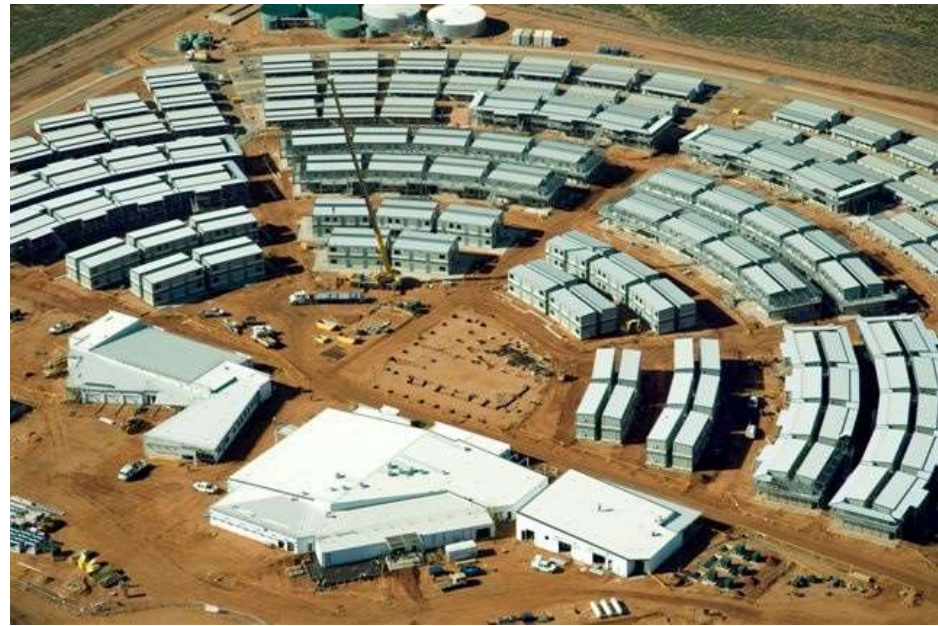
Village Life

The Old



'Improving health and safety in challenging times'

And
The New.....



'Improving health and safety in challenging times'

Health is defined by the World Health Organisation as..

'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'



Challenges in FIFO/DIDO Accommodation

Physical & Mental Health....

Lifestyle problems including - obesity, cardiovascular diseases, type 2 diabetes

Sleep disorders – associated with night shift, general fatigue, and sleep apnoea

Mental health issues – including depression and anxiety

Contributing factors to lifestyle diseases include: smoking, poor diet, increased alcohol consumption, insufficient exercise, being overweight and sun exposure (associated with the risk of developing cancer)



Challenges in FIFO/DIDO Accommodation

Physical Environment.....

Sleep disorders – associated with poor sleep (especially night shift, general fatigue, and sleep apnoea)

Inconvenience factors – access to central facilities, car parks, retail options, all weather access

Aesthetic ambiance – harsh environment

Dusty environments – respiratory health issues



Challenges in FIFO/DIDO Accommodation

Community.....

Feeling of social isolation; disconnection with family and friends

Unable to contribute to a community (volunteering, coaching, participation in religious/community activities)

Feeling of loneliness (at site/village); isolation due to gender, age, access to social events



FIFO/DIDO Accommodation

Who is looking at these issues...



Research studies:

Qld Resource Council (QRC)
Parliamentary Submissions
Lifeline WA
Edith Cowan University
Qld University of Technology
Qld University (Sustainable
Minerals Institute - SMI)
Department of Natural
Resources and Mines



Guidance for long distance workers (FIFO/DIDO).....

considers the following good practice in policy/conditions provided by companies offering village style accommodation.

- **quality accommodation facilities with en-suite, air-conditioning, television and internet access**
- **accommodation should be well insulated for sound and temperature**
- **sporting and recreation facilities, e.g. pool, gym, tennis/basketball courts, as well as organised team sports**
- **mobile phone reception and free Wi-Fi**
- **quality fresh food in the mess with lots of variation and healthy options available.**

- Qld Resource Council :Guidance for Long Distance Workers



Examples of good practice in FIFO/DIDO Accommodation

Physical Environment.....

- proximity of the rooms to central facilities
 - covered walkways, concrete paths, signage, carparking

- quality of the accommodation room
 - good quality bedding, blackout screens, quiet air-conditioning, TV & internet (or wireless), en-suite, insulated (noise and temperature)

- quality of landscaping
 - green spaces, vegetation corridors, dust suppression



Examples of good practice in FIFO/DIDO Accommodation

Physical & Mental Health

Food services

Australian Dietary Guidelines, variety, allergen information, specific requirements (halal, kosher etc), healthy choice options and education

Health and Wellness programs

Medical facilities, BP monitoring, cholesterol monitoring, QUIT, RUOK, mental health partnerships (Beyond Blue), Employee Assistance Programs, Industry Workshops



Examples of good practice in FIFO/DIDO Accommodation

Physical & Mental Health

Drug and Alcohol Management

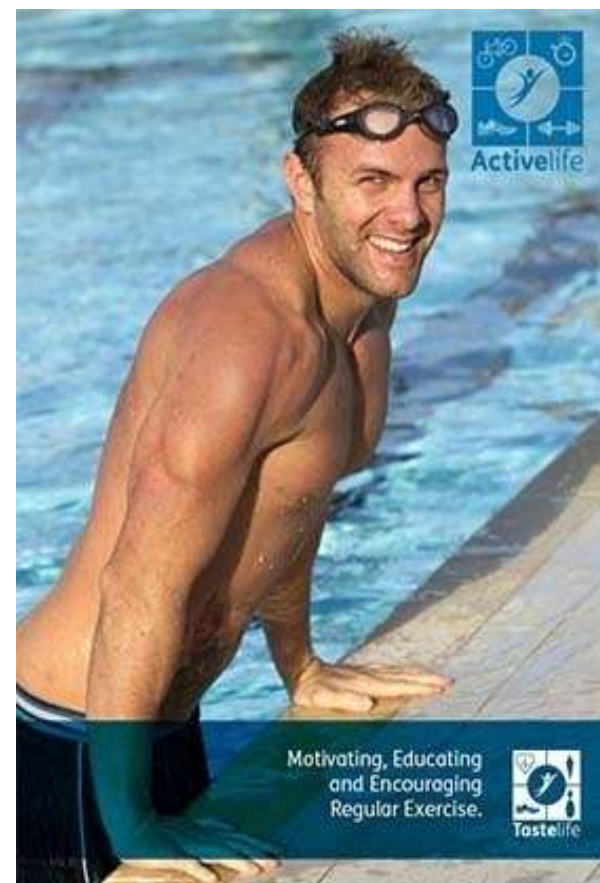
Alcohol availability, self testing (drug & alcohol), Responsible Service of Alcohol (RSA) trained personnel, alternative venues (i.e. recreational rooms)

Exercise facilities

Personal trainers, gymnasiums, swimming pools, multi sports courts, walking tracks

Fatigue management

Nightshift (sleeping arrangements, diet, communication) travel arrangements (FIFO/DIDO/BIBO)



Examples of good practice in FIFO/DIDO Accommodation

Community

Understanding demographics

Changing community expectations, younger more mobile workforce, higher female participation rates

Social Isolation/engagement

Contact with home, wireless/internet mobile coverage, non alcohol related activities (social clubs, trivia nights, guest speakers)

Creating communities

Internally promoting teams (sporting, games), externally integrating into local mining town life



Conclusion

The challenges facing the resources sector in relation to accommodation, health and community are the same as the wider community.



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Acknowledgements

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Queensland Resources Council

Queensland Department of Natural Resources and Mines

Other references are available in the paper text.

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