

AN ACTIVE Initiative FOR ACTIVE TRAVEL

GETTING EMPLOYEES MOVING WITH THE ACTIVE TRAVEL ZONE

AS A PUBLIC HEALTH LEADER



WE DECIDED TO INVESTIGATE

HOW EASY IT WAS FOR OUR STAFF TO TRAVEL ACTIVELY TO WORK

Because we know active travel offers many benefits, including reduced costs associated with cars and taxis, less parking pressure and improved health and wellbeing



SO WE TEAMED UP WITH BICYCLE NETWORK



FACILITIES AUDIT



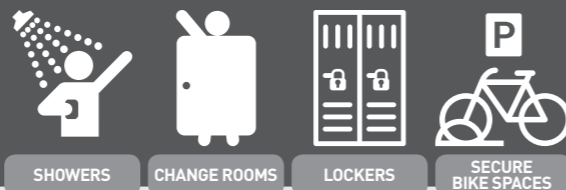
ANALYSIS OF CURRENT USE



ONLINE STAFF SURVEY

IT TURNED OUT THINGS COULD BE MADE EASIER

OUR STAFF ASKED FOR MORE:



SO WE TOOK ACTION

IN SEPTEMBER 2015

WE LAUNCHED THE ACTIVE TRAVEL ZONE - A NEWLY DEVELOPED SPACE HOUSING OUR NEW, SECURE STAFF FACILITIES



CAR SPACES WERE CONVERTED TO >



SECURE BIKE SPACES



LOCKERS



SHOWERS, TOILETS & CHANGE ROOMS

OUR STAFF SEEM TO LIKE IT



200 BIKE SPACES ARE BEING USED DAILY (WITH NUMBERS EXPECTED TO GROW)



99% OF USERS' EXPECTATIONS FOR THE NEW FACILITIES WERE MET OR EXCEEDED (IN A RECENT USER SURVEY)

'HAVING SPACE TO PARK MY BIKE AND SHOWER FACILITIES MEANS I CAN COMMUTE TO WORK MORE OFTEN'

WHAT IT MEANS FOR ALFRED HEALTH

HEALTHIER EMPLOYEES

WE ALREADY HAVE HEALTHIER EMPLOYEES - AND THE JOURNEY HAS JUST BEGUN



'I HAVE JUST STARTED RIDING MY BIKE TO WORK. KNOWING THAT I HAVE A SECURE PLACE TO STORE MY BIKE IS VERY REASSURING'

FAST FACTS



WE'RE DIRECTLY INFLUENCING PUBLIC HEALTH

The facilities are in place for continued behaviour change and improved employee health and wellbeing



WE'RE LEADING BY EXAMPLE

We're proving that large projects of this nature can be successfully implemented



WE'RE BEING RECOGNISED

In 2015, the Active Travel Zone received commendations in the Architeam Awards for the categories of sustainability and community

- The workplace is a recognised priority setting for health promotion by WHO and the Australian Government
- Data indicates that \$5.81 of savings can be achieved for every \$1 invested in employee wellbeing