



everyone fit
for the future

NetworkRail



Embrace the Health Commitments

Network Rail care about the health and wellness of our workforce

It's important that the work we do today has a positive impact on tomorrow and our vision 'Everyone Fit for the Future' echoes this. To do this, there are certain behaviours that relate to health and wellbeing that should be respected, acknowledged and demonstrated by all staff in order to achieve our vision.

The seven Health Commitments encourage colleagues **to take ownership and care of their own health and the health of others**. They should be considered as **proactive commitments**, rather than rules that must never be broken.

Please hover over each icon and use the suggested points to discuss with your team how each health commitment relates to you and your work.

Always follow health and safety safe systems of work to prevent harm or long term ill health

Always speak with your line manager if you do not feel well enough to perform your role competently and safely

Always engage in all statutory health surveillance, medicals and occupational health services provided to support your health and wellbeing

Always be approachable, non-judgemental and supportive of your employees and colleagues' health and wellbeing at work

Always report the true medical reason for any sick related absence

Always consider and act on the impact to health when planning and designing work and or equipment

Always seek medical advice and support for any health conditions, medication side effects or symptoms that may be affecting your ability to work or which are causing you concern

Any questions?

Please email:

healthandwellness@networkrail.co.uk

This mailbox is monitored by the central Health and Wellbeing team and all correspondence will be treated in confidence.