



everyone fit  
for the future

NetworkRail

# Embrace the Health Commitments

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.



**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



Use the interactive version of this poster to start your discussion.  
Scan this QR code to be taken to the Health Commitments MyConnect page where you will find the interactive poster.

## Any questions?

Please email:  
[healthandwellness@networkrail.co.uk](mailto:healthandwellness@networkrail.co.uk)  
This mailbox is monitored by the central Health and Wellbeing team and all correspondence will be treated in confidence.