

Assess Your Worksite Health Culture

The purpose of completing a health culture audit is to identify the cultural supports for good health and areas that might need improvement. Working to improve the health culture at your worksite will make your worksite more supportive of healthy behaviors (i.e. healthy food choices, no smoking policies, walking groups, etc.).

Physical Activity Environment

1. Does your workplace have stairs? yes no
2. If yes, does your workplace do anything to encourage stair use? yes no
2a. What would encourage you to use the stairs more often? _____

-
3. Is it convenient for you to walk or ride a bicycle to work? yes no
3a. Is it safe for you to walk or ride a bicycle to work? yes no
3b. What would make it more convenient for you to walk or ride your bicycle to work?

-
4. Do you have showers at your workplace? yes no
4a. What suggestions do you have for lockers/showers at work? _____

-
5. Do you have fitness equipment at your workplace? yes no
5a. Do you use the equipment on a regular basis? yes no
5b. What suggestions do you have for fitness equipment at your workplace? _____

-
6. Does your employer provide discounts for fitness classes or gym membership?
 yes no
6a. What suggestions do you have regarding discounts for fitness classes or gym memberships?

-
7. Does your employer support physical activity during breaks? yes no
7a. Suggestions

-
8. Do you get adequate exercise at work as part of your job tasks? yes no
8a. Suggestions _____

-
9. Does your workplace support team sports such as softball? yes no
9a. Suggestions

-
10. Are there any paths or trails near your workplace where you can walk or bicycle during lunch or after work? yes no
10a. Suggestions

-
11. Does your workplace provide physical activity or exercise messages to the general employee population, such as posters and brochures? yes no
11a. Suggestions

Nutrition Environment

12. Is there a cafeteria, snack bar or catering truck that is available at your workplace?

yes no

12a. Are healthy food alternatives (fruits, vegetables, whole grain breads, or healthy beverages) available on a daily basis? yes no

12b. What suggestions do you have for healthy alternatives at your workplace?

13. Do your food providers use healthy food preparation practices in the cafeteria (steaming, lowfat/salt substitutes, limited frying)? yes no

13a. Suggestions

14. Do you have access to a microwave at work? yes no

14a. Suggestions

15. Do you have access to a refrigerator at work? yes no

15a. Suggestions

16. Do you have a vending machine with healthy alternatives? yes no

16b. If your workplace eliminates the vending machine because there are no healthy alternatives, would that be ok with you? yes no

16c. Would you be willing to be on a rotation to bring in healthy food for your co-workers? yes no

16d. Suggestions

17. Does your workplace provide healthy eating messages to employees, such as posters or brochures? yes no

17a. Suggestions

18. Does your workplace provide healthy food and beverage options at company meetings and events? yes no

18a. Suggestions

19. Does your workplace compost kitchen scraps from your office or provide a means to do so? yes no

19a. Suggestions

Tobacco Environment

20. Does your workplace have a tobacco policy? yes no

20a. Is it enforced to your satisfaction? yes no

20b. Are there rewards for quitting? yes no

20c. Suggestions

Workplace Wellness Policy

21. Do you have a Health and Safety committee? yes no

21a. Suggestions for the committee

22. Does your workplace allow health promotion programs to be provided during work time? yes no

22a. Suggestions

23. In addition to your 2010 VLCT Healthy Lifestyle Rewards of up to \$150 per household, our municipality will share 51% of the Leader incentive money with employees who participate in wellness programs in 2010. What suggestions do you have on sharing the money at the end of the year?

- 23a. split the money with all employees who participated and earned money through the Healthy Lifestyle Rewards in 2010; include employees who participated in wellness programs, but who are not eligible to participate in the HLR
- 23b. split half the money as above; spend the other half on exercise equipment, gym memberships, yoga classes, chair massage, rewards for quitting tobacco, walking/commuting to work, etc.
- 23c. spend all the money on exercise equipment, gym memberships, yoga classes, chair massage, rewards for quitting tobacco, walking/commuting to work, etc

23d. Suggestions

Workplace Safety Checklist

Ergonomics Safety

24. Are you comfortable at your workstation? yes no

24a. Have you taken the ergonomics tutorial at PACIF University? yes no

24b. After taking the online tutorial, would you like an ergonomics assessment?

yes no

24c. Suggestions

Fire Prevention and Protection

25. Are fire extinguishers properly mounted, located, and identified? yes no

26. Are fire extinguishers adequate in number and type? yes no

27. Are fire extinguishers inspected, recharged, and maintained as required?

yes no

28. Are fire aisles, exits, stairways, and fire equipment kept unobstructed?

yes no

29. Are exit lights properly illuminated and emergency lighting operable? yes no

30. Are fire doors not blocked open? yes no

Electrical Safety

31. Are extension cords not used as permanent wiring? yes no

32. Are extension cords and power strips not daisy-chained one to another?

yes no

33. Are electrical cords not under carpets/rugs, through doorways, or high traffic areas?

yes no

34. Are multi-outlet power strips UL listed and have circuit breakers? yes no

35. Are power cords are in good condition with no splices or broken insulation?

yes no

36. Are grounding prongs not removed from 3-way plugs? ? yes no

37. Are outlet, switch and junction box covers are in place and in good repair?

yes no

Walkways

38. Are walkways cleared of snow and ice during the winter months? yes no

39. Is overhanging snow and ice removed from entry ways? yes no

Other

Thanks for your feedback!