

# Health Bytes

Looking after you...Keeping you informed...Keeping you up-to-date

From your backyard to your favourite park, nature is closer than you think.  
It's time to get out and enjoy it.



'Connecting People to Nature', is the theme for World Environment Day 2017. We are challenged to get outdoors and into nature to appreciate the beauty and the importance of the earth that we share. Environmental awareness is understanding how fragile our environment is and how important it is to protect it. By promoting environmental awareness we are all becoming environmental stewards, creating a brighter future for our children

## The value of nature

Nature's gifts are often hard to value in monetary terms. Like clean air, they are often taken for granted, at least until they become scarce.

- **Hit the park**

Go out and enjoy our national parks and wilderness areas.

- **Nature up close**

Get your feet and hands dirty! Take a hike at night and rely on your ears and nose to experience nature.

- **Green your street**

or a derelict site, or plant a window box.

Environmental condition depletion caused by air, water and / or soil pollution affects the **health of people** not only **within the working environment, but also at home**. The health of the workforce is therefore negatively affected by the general environment in which they spend most of their time. In addition, family health is crucially susceptible to the bread-winner's productivity and health. If the head of the household's income fall ill, the family would be left exposed to economic and social decay, affecting their overall welfare.

**Occupational health** is defined by the International Occupational Hygiene Association (IOHA) as the science of anticipation, recognition, evaluation and control of **hazards of the workplace that may endanger or threaten the employees' health and wellbeing**, as well as to consider the possible influences on the environment. **Occupational health** is thus considered to be at the **centre of sustainable development**.

## How do we ensure employee wellness?

- Prevent work-related injuries and diseases
- Provide a safe working area
- Pay attention to nature and the environment
- Ensure harmful materials are handled and disposed of responsibly
- Reduce environmental pollutants

<http://www.worldenvironmentday.global/>

<http://myemail.constantcontact.com/>

Molamohamadi Z., and Ismail N. 2014. *The relationship between Occupational Safety, Health, and Environment, and Sustainable Development: A Review and Critique. International Journal of Innovation, Management and Technology, 5,3, 198-202.*

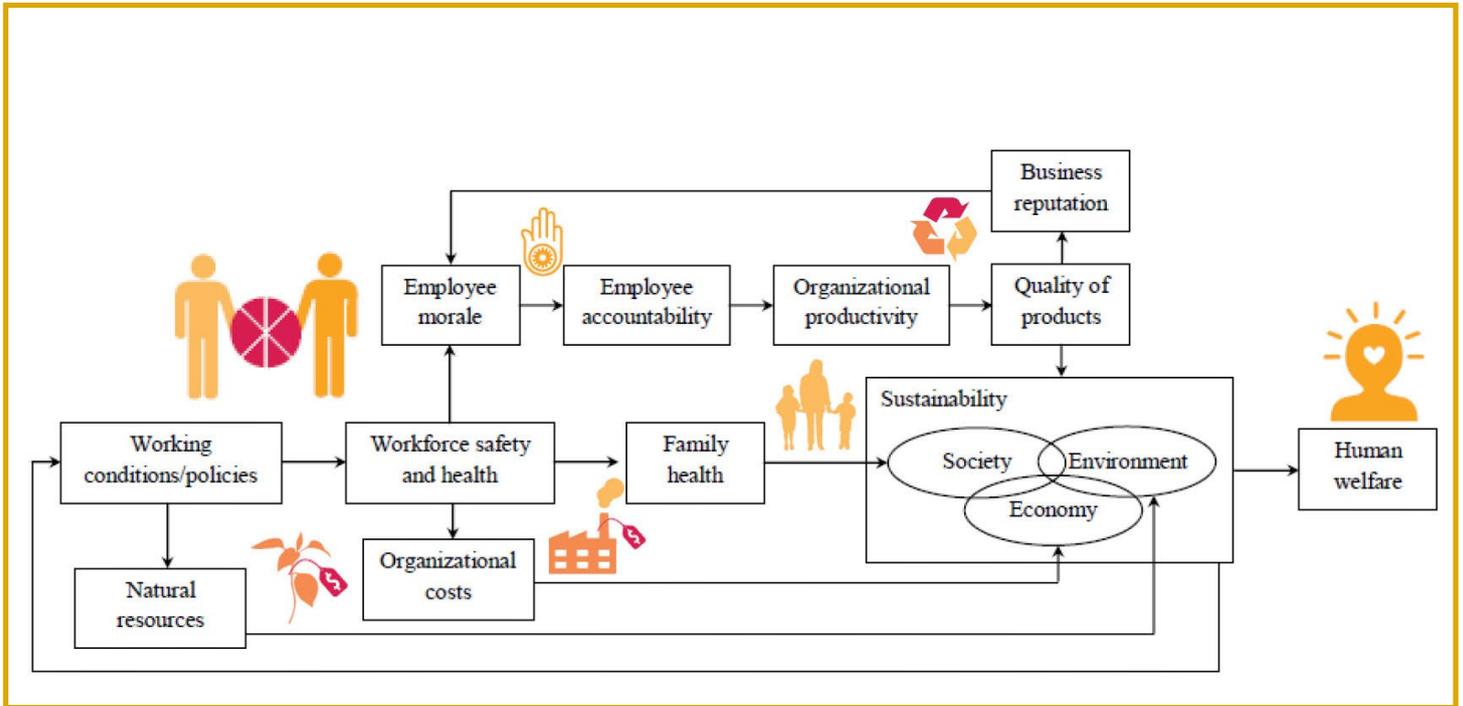
## Contact us

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### 3 Pillars of sustainability

- Society
- Economy
- Environment



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