



Health and Well Being Policy

Adman Ltd is committed to providing employees with a safe, healthy and supportive environment in which to work. Recognises that the health and wellbeing of our employees is important and commits to providing a supportive workplace culture where healthy lifestyle choices are valued and encouraged.

Adman Ltd will;

- encourage employees to be more physically active by making provisions in the workplace for activity opportunities (including reducing sitting time where practical)
- Encourage healthy eating and education choices in the workplace and address healthy physical settings.
- educate employees around safe alcohol consumption and the health effects of smoking
- promote awareness of key health issues for employees (including social and emotional wellbeing)
- encourage employees to provide input into health and wellbeing initiatives.

Signed

Date: 01/04/2022

Martin Grimes

Martin Grimes – Director

Adrian McCrory

Adrian McCrory - Director