HEALTH & WELLBEING POLICY

Littlewood Group recognises and understands the need for and importance of providing a safe, healthy, and supportive environment for all our workers.

Littlewood Group will maintain a workplace environment and culture that supports healthy lifestyles and facilitate workers active participation in a range of initiatives that support health and wellbeing.

This will be achieved by, but not limited to:

- Providing healthy eating choices in the workplace through addressing healthy physical settings, such as food storage and preparation, food access and supply, and education.
- Promoting a smoke free workplace environment and supporting workers to quit smoking.
- Promote worker social and emotional wellbeing through workplace practises and policies.
- To provide access to information and resources that increase worker knowledge and awareness around key health areas, including risks associated with alcohol consumption.
- Employing mental health first aiders and treating mental health as equal to physical health issues.

Littlewood Group employees are empowered to actively contribute and provide feedback to this policy. Employees must support and contribute to providing a safe, healthy, and supportive environment for all workers.

This policy will be assessed through feedback from workers and management. A review of the policy will be carried out by management to determine if objectives have been met.

Signed on behalf of the Board of Directors,

Jon Hobden
Managing Director
Date of Review: 10th October 2025 **Next Review: 10th October 2026**