

Small Business Bronze Award Criteria Handbook (workplaces with 2-49 employees)

Small Business Bronze Award Criteria User Handbook – 2-49 employees

This document will walk you through each criteria in the Wellbeing at Work Small Business Bronze Award for organisations with 2-49 employees. It will cover the criteria, ideas to implement it in your workplace, resources to support you and examples of the evidence for you to provide, once the criteria has been completed. **To achieve Bronze Award, you have to implement 10 criteria, being 5 mandatory and 5 chosen from a list of 22 criteria. Criteria which are mandatory are highlighted in orange, and any optional criteria are highlighted in blue.**

Please note that criteria SB.AS.3 is double-weighted. If you choose this, you will only need to implement 9 criteria in total.

Guidance on using this document:

- Each of the programme criteria are listed beneath their topic areas in the table below, you can find the criteria by clicking on the expandable arrow next to the topic title. Criteria can be identified using the unique '**criteria number**'.
- To inspire your workplace activities and improvements, we have listed some ideas to implement the criteria within your organisation, alongside links to external resources to provide further guidance or to signpost your employees to. This can be found in '**ideas and resources**'.
- When building your evidence portfolio, you can provide us with any type of evidence, as long as it clearly displays what your organisation has done to meet the criteria. However, to provide some guidance we have listed some suggestions of what you could provide in '**evidence examples**'.
- Our website only takes **one file** (Word, PDF, JPEG or PNG) against each criteria. If you'd like to submit two pieces of information as evidence, e.g. copy of an wellbeing event invitation and a picture of the event on the day, please save both in the same file before uploading, e.g. copying and pasting both in a word document.

If you have any questions or queries, you can get in touch with the team at HealthyWorkplace@eastsussex.gov.uk

1. Physical Activity and Active Travel

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (To Choose)		
SB.PA.1	Raise awareness of the benefits of physical activity and active travel among employees, encourage staff to be physically active and signpost employees to support available.	Give active travel advice and information for employees; signpost stair use instead of lifts; place bins/printers/water coolers in communal areas; champion having a chat in person rather than sending an email; accessible walkways around office; enable standing and walking meetings; display information about the benefits of physical activity or run a physical activity campaign or event; signpost to local classes and leisure facilities.	Copy or image of any promotion done (photo of posters or leaflets, copy of emails to staff, photo of a physical activity event, etc.)
SB.PA.2	Offer and promote initiatives that support alternative work travel arrangements, such as tax efficient cycle purchase schemes, public transport discount initiatives and/or season ticket loan schemes.	Nominate a champion in the workplace to advise other employees. You may want to consider coordinating an internal season ticket loan scheme that deducts from the employees monthly pay, or use one of the existing initiatives. <ul style="list-style-type: none"> • The UK's Most Popular Cycle to Work Benefit - Cyclescheme • Network - easitEAST SUSSEX • Workplaces - Sustrans.org.uk • Walking in workplaces Living Streets 	Image of where the information can be found (poster, email, brochures, etc.)

SB.PA.3	Allow staff to wear footwear and clothing to work that is comfortable and enables activity, where is operationally appropriate.	Consider how senior leaders or champions could role model this.	Copy of the piece of communication to staff, e.g. email, or image of where the information can be found (poster, etc).
SB.PA.4	Encourage staff to take part in team activity sessions, or physically active team challenges, that are inclusive to the whole workforce.	Annual physical activity challenges, charity challenge events, walking meetings, etc. Park runs - Parkruns in Sussex Discover Sussex Couch to 5k - Get running with Couch to 5K - Better Health - NHS	Photo of employees doing the challenge, copy of communication sent to staff or the results achieved.

2. Healthy Eating

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (To Choose)		
SB.HE.1	Provide adequate space for safe food storage, as well as clean, appropriate food preparation areas and facilities to heat food in the workplace.	Consider placing kitchens/food areas away from working areas where possible to aid employees in having a break from workspace. <ul style="list-style-type: none"> Food Safety at the Office (eatright.org) Food hygiene for your business Food Standards Agency 	Photograph of provision e.g. staff kitchen, fridge/microwave in staff room, etc.
SB.HE.2	Raise awareness of the benefits of healthy eating and hydration among employees, and signpost employees to support available.	Display information about the benefits of healthy eating, run a healthy eating event, promote healthy eating support groups or cooking lessons/groups. Consider information of the impacts of healthy eating on mental health, or providing free	Image of where the information can be found (poster, leaflet, email, etc), or photo of any relevant wellbeing activity.

		fruit for employees. Encourage staff to bring in healthy options when celebrating events. Check this resources: Resources Archive - East Sussex Healthy Workplace	
SB.HE.3	Encourage employees adopt healthy eating practices.	Consider encouraging eating away from workstations and enable workers to take a flexible meal breaks to source, prepare and/or consume food. The Eatwell Guide - NHS	Image of where the information can be found (intranet, poster, leaflet, email, etc).

3. Mental Health

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (Mandatory)		
SB.MH.B1	Promote mental health services to employees that can support them with their mental wellbeing, including financial wellbeing initiatives, support or services.	Promote services to employees somewhere that is clear and readily accessible by all workers <ul style="list-style-type: none"> • Address Your Stress · MHFA England • StepChange Debt Charity - Free Expert Debt Advice. • English (moneyhelper.org.uk) 	Image of where the information can be found (intranet, poster, leaflet, email, etc).
	Bronze Award (To Choose)		
SB.MH.1	Provide mental health awareness training to key members of staff.	Provide a type of mental health awareness training for key workers in your organisations, such as line managers and wellbeing champions	Copy of attendees list or certificate of conclusion, emails to staff, screenshot of promotion on intranet, testimonial from trainer or

		<ul style="list-style-type: none"> • line_managers_resource.pdf (mentalhealthatwork.org.uk) • Mental Health Awareness (e-learningforhealthcare.org.uk) • Acas Learning OnLine 	screenshot of completed e-learning, etc.
SB.MH.2	Signpost employees with mental health challenges or conditions to support services.	<p>Promote services to employees somewhere that is clear and readily accessible by all workers, and ensure this is part of a support pathway for workers who have identified or been diagnosed with mental health challenge</p> <ul style="list-style-type: none"> • Support for mental health at work Able Futures Mental Health Support Service (able-futures.co.uk) • Preventing Suicide in Sussex services East Sussex County Council East Sussex Services Mind in Brighton and Hove, promoting good mental health in our city and across Sussex. 	Image of where the information can be found (poster, leaflet, email, etc). Support services include EAPs, occupational health professionals, support groups, GPs, etc.
SB.MH.3	Provide suicide prevention training to key members of staff.	<p>Provide a type of suicide prevention training for key workers in your organisations, such as line managers and wellbeing champions</p> <ul style="list-style-type: none"> • Find the ZSA Zero Suicide Alliance training 	Emails, certificates, testimonial from trainer or screenshot of completed e-learning proving staff have attended or completed the training.
SB.MH.4	Encourage and support social activities and/or volunteering.	Consider groups or workers in your organisation that may be socially isolated e.g. shift workers, lone workers, remote workers, employees going through key life transitions such as parenthood, retirement or bereavement etc. Consider how you can support these employees to look after their	Image of where the information can be found (intranet, poster, leaflet, email, etc).

		<p>social wellbeing e.g. by facilitating staff social events, staff volunteering groups, formation of staff groups such as book clubs.</p> <ul style="list-style-type: none"> • Volunteering East Sussex County Council 	
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4. Alcohol, Smoking and Substance Misuse

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (To Choose)		
SB.AS.1	Raise awareness of the benefits of stopping smoking and/or reducing alcohol consumption. As well as the impacts of alcohol, smoking and/or substance misuse on health and wellbeing. Signpost to support available.	<p>Share information with employees that explains what risky drinking is and the recommended level of maximum consumption. Share practical advice on reducing consumption. Display information or signpost employees to support services or ensure appointments are accessible to employees.</p> <ul style="list-style-type: none"> • STAR – East Sussex Drug and Alcohol Recovery Service - East Sussex 1Space • Drink less - Better Health - NHS (www.nhs.uk) • Quit Smoking One You East Sussex • Make the White Ribbon Promise — White Ribbon UK 	Image of where the information can be found (intranet, poster, leaflet, email, etc).

		Check our website for more resources: Resources Archive - East Sussex Healthy Workplace	
SB.AS.2	Produce and promote a smoking statement or policy, after consulting employees, with a clear rule on smoking in the workplace, signposting to support services and the health risks of smoking.	<ul style="list-style-type: none"> • Check this toolkit for a template: bitc-wellbeing-toolkit-drugsalcohol tobacco-may2018.pdf • Employers and Businesses (smokefreeengland.co.uk) • NHS England » NHS Community Pharmacy Smoking Cessation Service 	Copy of statement or policy, and any documents to support staff engagement - e.g. feedback from consultation, emails. Identify where the policy is accessed in the workplace.
SB.AS.3	Create a smoke free site, including all open and outdoor spaces/grounds, that are clearly signposted as smoke free and steps are taken to ensure smoking does not happen on the organisation's premises. DOUBLE WEIGHTED CRITERIA	<ul style="list-style-type: none"> • Employers and Businesses (smokefreeengland.co.uk) • Example of a smoke free site policy smoke-free-policy.pdf (slam.nhs.uk) 	Pictures of signage or copy of policy or statement.

5. Sickness Absence, Return to Work and Prevention

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (Mandatory)		
SB.SA.B1	Produce a statement or policy on sickness absence, which includes clear and accessible procedures for reporting and managing sickness absence, and return to work. Share the statement or policy with staff.	<p>Include this in the induction process for new employees and regular refresher sessions.</p> <ul style="list-style-type: none"> • Checking how your workplace deals with absence: Absence from work - Acas <p>Example of a sickness absence policy: Sickness Absence Policy UCL Human</p>	Copy of the policy or statement, and where this can be accessed.

		Resources - UCL – University College London	
	Bronze Award (To Choose)		
SB.SA.1	Encourage eligible employees to access screening and other health services by sharing information and signposting.	<p>Display information about health services such as NHS Health Checks, cervical screening and eye tests appropriately, and allow time off to attend appointments. Considering covering cover the stance on medical/healthcare appointments in your sickness absence policy.</p> <ul style="list-style-type: none"> • NHS Health Checks One You East Sussex • NHS screening - NHS (www.nhs.uk) 	Image of where the information can be found (intranet, poster, leaflet, email, etc).
SB.SA.2	Encourage employees whose sickness absence is expected to continue beyond 4 weeks to discuss with their GP or secondary care specialist any options for referral to support services such as physiotherapy, counselling or occupational therapy. If you have an Employee Assistance Programme and/or Occupational Health Service, you may encourage employees to access these instead.	<ul style="list-style-type: none"> • Getting the most out of the fit note: guidance for employers and line managers (publishing.service.gov.uk) • Support for mental health at work Able Futures Mental Health Support Service (able-futures.co.uk) 	Copy of the policy, HR or management guidelines where this recommendation can be found.
SB.SA.3	Allow all staff the flexibility to attend screening and other healthcare appointments during the working day.	<p>Consider including smoking, substance misuse or alcohol support services appointments too. This could be achieved via paid time to attend within the workday, enabling shift-swaps, allowing employees to make up time lost, via flexible working practices, etc.</p> <ul style="list-style-type: none"> • Screening – East Sussex Healthcare NHS Trust (esht.nhs.uk) 	Copy of the relevant policy or statement, or copy of an email to staff, or where the relevant information can be found on the intranet.

		<ul style="list-style-type: none"> • Book, change or cancel a free NHS flu vaccination at a pharmacy - NHS • NHS screening - NHS 	
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6. Leadership, Management and Workplace Culture

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (Mandatory)		
SB.LM.B1	Conduct an annual staff health and wellbeing assessment, and promote <u>one</u> health campaigns or activities based on the assessment results. Share the results with employees, with actions to be taken to improve any highlighted issues.	<p><u>This criteria must be addressed first when undertaking Bronze Award.</u> Consider including questions about job quality, management styles and support available for workers. The campaigns or activities should be fully promoted using campaign materials such as posters, email footers, employee events and activities, messages from senior leaders, toolkits etc., and it can be led by workplace champions, HR or the awards lead.</p> <p>Check our website for an assessment template and calendar of wellbeing dates: Resources Archive - East Sussex Healthy Workplace</p>	Copy of the wellbeing survey results and images of posters and location (e.g. intranet, wellbeing boards, etc) of some activity. Copy of any messages sent to employees about the events/activities.
	Bronze Award (To Choose)		
SB.LM.1	Recognise, promote and support employees with aspects of healthy ageing which aim to help older workers (and prospective workers) thrive.	<p>Consider signing up to the Age-friendly Employer Pledge Centre for Ageing Better</p> <p>Consider reasonable adjustments for those going through the menopause, supporting</p>	Image of where the information can be found (intranet, poster, leaflet, newsletter, email to staff, copy of relevant policy or statement, etc).

		<p>employees transitioning into retirement, etc.</p> <ul style="list-style-type: none"> • Menopause Matters, menopausal symptoms, remedies, advice • The midlife MOT: take control of your future now - Your Pension • bitc-age-toolkit-midlifemotseniorhrmanagers-apr2019.pdf <p>Check our website for more resources: Resources Archive - East Sussex Healthy Workplace</p>	
SB.LM.2	Raise awareness in the workplace of the environmental agenda such as climate change.	<p>Encourage use of video or phone calls, or other types of technology to facilitate meetings remotely, that would have otherwise been in person. Invest in energy efficiency or reduce energy consumption, e.g. solar panels. Ban or reduce consumption of single use plastics and water consumptions, enable recycling. Encourage efficient use of resources, e.g. paper free policy, sustainable deliveries such as e-cargo bikes or electric vehicles.</p> <ul style="list-style-type: none"> • Green business – East Sussex County Council 	Image of where the information can be found (intranet, poster, leaflet, newsletter, email to staff, copy of relevant policy or statement, etc).
SB.LM.3	Agree a communication channel with staff where organisational updates, messages and changes are shared. Ensure there is a function to include employees in senior decision making.	This could be intranet, newsletter, team or all staff meetings, etc. Employees could contribute to senior decisions via Staff Forums and/or Groups, champions or representatives, or staff surveys, engagement or consultation processes.	Copy of a newsletter, screenshot of the intranet or e-mail invitations to team or staff meetings. Minutes of a staff forum meeting, or copy of a staff survey results.

SB.LM.4	Ensure health and wellbeing statements or policies are included in any induction, training and development programmes for new employees.	Ensure this is part of procedure for inductions, for all employees	Copy of any induction or training materials regarding health and wellbeing. Those materials should contain the policies or statements or where they can be found.
SB.LM.5	Offer all employees the same opportunities with support, training, CPD, progression, secondment or personal development.	In line with the organisations equal opportunities or HR statement or policy (if the organisation has one). These should be offered to all employees regardless of age, gender, ethnicity or any other protected characteristics under the Equality Act 2010. Check our website for more resources on equality, diversity and discrimination: Resources Archive - East Sussex Healthy Workplace	Copy of relevant HR policy or statement; or copy of email to staff about personal development opportunities; or screenshot of intranet page with relevant information.

7. Musculoskeletal Health (MSK) and Health & Safety

Criteria Number	Criteria	Ideas and Resources	Evidence Examples
	Bronze Award (Mandatory)		
SB.MSK.B1	Raise awareness of MSK pain and disorders, providing information on prevention and pain management to all staff (including signposting to support services and resources available).	Check our website for resources: Resources Archive - East Sussex Healthy Workplace East Sussex MSK Community Partnership	Image of where the information can be found (intranet, poster, leaflet, newsletter, email to employees, etc). Or photos of any

			related health and wellbeing activity.
SB.MSK.B2	Ensure the organisation is up to date with current Health & Safety legislation	<p>H&S responsibilities can be delegated across the team but not one person should be solely responsible – the organisation is as a whole. e.g., someone to be a ‘manual handling lead’, ‘workstation assessor’</p> <p>HSE: Information about health and safety at work Have the right workplace facilities - Overview - HSE</p> <p>Consider seeking consultation across the organisation and externally if necessary.</p>	<p>Copy of job description or job responsibilities, copy of contract with a service provider. Ensuring legislation is up to date.</p>