

Maintaining a healthy weight

Maintaining a healthy weight helps to reduce the risk of health issues and injuries.

What is a healthy weight?

Two common measures used to assess whether you have a healthy weight are:

- **Body mass index (BMI)**, which is calculated using your weight and height:
 - BMI 18.5 kg/m² to 25 kg/m² = healthy weight range
 - BMI 25 kg/m² to 30 kg/m² = overweight
 - BMI 30 kg/m² or higher = obese

A BMI in the overweight and obese range increases the risk of cardiovascular disease and a range of other health issues and injuries.

However, BMI does not show where fat is stored in the body, which is an important factor when assessing overall health risk.

- **Waist circumference** measurements can show if you are carrying too much fat around your middle. A high waist circumference increases your risk of chronic diseases such as heart disease, stroke and diabetes.

What causes weight gain?

Weight gain happens when you consume more calories than your body uses, with the excess then stored as fat. The most common causes are:

- eating too many high calorie, sugary or fatty foods
- not getting enough physical activity.

Weight considerations for safe work

Your weight, BMI and waist circumference are measured during your health assessment.

Your results will be explained to you and you will also receive a written copy, along with other information and resources to support healthy weight management.

Mining equipment has weight limits for safe use. If you weigh 120 kg or more, your employer must ensure that the equipment you use is weight-rated for your safety.

If your BMI is 30 kg/m² or higher, you may be referred to your general practitioner (GP) for support with weight management, diet and exercise.



You may also be referred for a sleep study to check for sleep apnoea.

If your BMI is 50 kg/m² or higher, you may be referred to a cardiologist for further assessment. In some cases, you may need to temporarily stop working while further investigations are completed.

How to maintain a healthy weight

- Follow a healthy diet:
 - eat plenty of fruit and vegetables
 - choose lower fat food options
 - drink plenty of water and limit sugary drinks
 - limit alcohol intake
 - watch your portion sizes
 - limit takeaway foods
- Be physically active:
 - include regular exercise such as walking, bike riding or playing sport
 - limit sitting and screen time.

Help is available

- Speak to your doctor or GP who can help to determine the best approach.
- Contact CS Health to enquire about the Healthy Weight Initiative.

More information

Visit our website www.coalservices.com.au