

CS Health launches new campaign to help coal mine workers protect their cardiovascular health

Newcastle (Australia), 24 October 2025 –

Coal Services NSW has launched a new campaign urging coal mine workers to look after themselves by making healthy choices that reduce the risk of cardiovascular disease.

Developed to support the recent NSW Coal Industry Cardiovascular Health Standard, the campaign aims to raise awareness and equip workers with the knowledge to protect their cardiovascular health.

Every day in Australia, one person dies every 12 minutes from cardiovascular disease. Many of these deaths are preventable, and CS Health wants to help coal mine workers protect their cardiovascular health and reduce their risk by taking a few simple, practical steps.

Key messages of the campaign focus on maintaining a healthy weight, eating a healthy diet, being physically active, limiting alcohol intake, and quitting smoking and vaping.

To support this initiative, CS Health has developed a range of educational materials, including videos, posters, and fact sheets, which are available on the Coal Services website.

Ends.

For more information please contact:

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About Coal Services:

Coal Services is an industry owned organisation committed to providing critical service and expertise to the NSW coal industry.

Coal Services is dedicated to working in partnership with customers and stakeholders to provide a suite of health, safety, environment and insurance solutions. These critical services support NSW coal mine workers, employers and communities and demonstrate an ongoing commitment to maintaining a safe workplace and a healthy workforce.

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Coal Services has statutory functions, as outlined within the *Coal Industry Act 2001* (NSW). These functions include, but are not limited to, the provision of workers compensation; occupational health and rehabilitation services; the collection of statistics and the provision of mines rescue emergency services and training to the NSW coal industry.

Visit www.coalservices.com.au for further information.