Is your workplace looking for healthier, more planet-friendly ways to get around?

# Make the MOVC





#### into active & low-emissions transport!

Improve health



Save money



Help the planet



Get in touch about hosting a workshop for your business



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Save money AND help the climate.



Get active outdoors for healthy commuting!

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### Get your staff moving!

## Here are some ideas for how workplaces can encourage and support active travel.



Start with essential end-of-trip facilities, then gradually add whatever else your workplace decides is important and within your capacity.

- Set up clean and pleasant changing rooms, showers & lockers, then add nice-to-haves like clothes dryers.
- Provide secure, welcoming, well-lit and easy-to-access undercover storage and maintenance for all sorts of bikes.
- Lead by example with senior staff champions. Review organisational policies. Provide education about transport options.
- Create an inclusive and affirmative culture, including flexible working arrangements and relaxed dress codes.
- Be bike-friendly for all cycling visitors, customers and clients.
- Run or fund training sessions on 'how to ride', road safety and responsibilities.

- Create a fleet of bikes and/or scooters and helmets for staff use during the day and to trial commuting.
- Create a pleasant outdoor environment, Improve outdoor safety especially in laneways and parking lots.
- Subsidise membership of Pedal Power ACT for the insurance it provides.
- Advocate for safe cycling & walking, more frequent public transport services and connections to cycle infrastructure, and policy measures to curb car usage.
- Replace driving incentives with cycling incentives, eg convert free car parking to bike parking, add bike finance to salary packaging.

Find more tips and details at makethemove.org.au/workplace-moves, and enquire about hosting a Make the Move workshop at your workplace.





