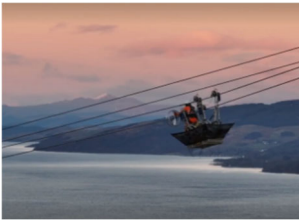


The challenge



The construction industry is one of the toughest places to work. Employees often face challenging conditions and difficult environments, while performing strenuous tasks as part of their work.

Many also have to travel all over the UK on a regular basis to deliver projects and can find themselves away from loved ones for long periods of time, making it difficult to maintain a healthy work life balance.

On phase two of Balfour Beatty's Phase Port Ann-Crossaig project, over 200 Power T&D colleagues are delivering key overhead line infrastructure in some of the most stunning, yet remote parts of the UK in the Scottish Highlands where the terrain, weather conditions and project's location can present challenges to wellbeing.

Project Wellbeing

The project team recognised that encouraging employees to stay active, particularly in winter, boosted wellbeing, and team social activities helped people cope with feelings of loneliness that sometimes come with working in such remote environments.



A wide range of activities were organised to help people socialise, get active and relax including surfing, fishing, go-karting and hiking. Weekly yoga sessions were particularly popular and provided colleagues with an excellent opportunity to relax which helped boost their mental health and wellbeing.

Communication

The nature of the project meant that it was difficult to inform everyone what was going on as our colleagues are spread out across the project site. The team



therefore created a community page to allow them to communicate with everyone on the project. A QR code linking directly to the page has been placed in all welfare vans and cabins to ensure everyone knows what is available.



Testimonials

Wellness on this project has been taken to another level, it's really fun! Last week we went surfing and it was brilliant. This approach is something that I would take forwards to other jobs.

Getting away in the evenings it's quite nice to have the opportunity to come out and spend the night fishing, a great opportunity to relax.

[Project Wellbeing- watch the video!](#)

