



# **Occupational Health Management Statement**

**Date: 15 July 2025**

## **1. Overview**

MVR Rivermount is committed to protecting the health and wellbeing of all employees by addressing occupational health risks, supporting mental health, and managing fatigue effectively.

## **2. Occupational Health Arrangements**

- We conduct regular risk assessments to identify and manage health-related hazards.
- We promote early reporting of health concerns, including musculoskeletal and stress-related issues.
- Where necessary, we refer employees to qualified occupational health professionals for further support.

## **3. Mental Health Support**

- An open-door policy is in place for confidential discussions.
- Staff are encouraged to talk to management if they are experiencing stress, anxiety, or other mental health challenges.
- We signpost employees to external mental health services and support organisations.
- We promote awareness and a positive culture around mental wellbeing.

## **4. Fatigue Management**

- We manage workloads and encourage regular breaks and reasonable working hours.
- Fatigue is monitored as part of our day-to-day management, especially during physically demanding tasks.
- Where needed, rest periods or task rotation is arranged to reduce risk.

## **5. Continuous Improvement**

We are committed to reviewing and updating our occupational health and wellbeing arrangements regularly to ensure compliance and care.

**Madankumar Yeligar**

**Director**

**MVR Rivermount Construction Ltd**