# STUDENT WELLNESS AND WELLBEING

At Taylorweir, we are committed to supporting the health, safety and wellbeing of our students, trainees and apprentices. Maintaining your wellbeing helps you learn effectively, build confidence and develop a successful, sustainable career in the hair industry.

## PHYSICAL WELLBEING

Hairdressing and barbering can involve prolonged standing, repetitive movements and exposure to hair chemicals.

***Protect your health by:***

- Maintaining good posture and adjusting workstations to reduce strain.
- Wearing supportive, enclosed footwear and taking appropriate breaks.
- Following chemical safety procedures, wearing required PPE and consulting product labels and Safety Data Sheets (SDS).
- Maintaining good hand hygiene and reporting skin irritation, injuries or workplace hazards.
- Using equipment safely and following workplace health and safety procedures.

## MENTAL HEALTH AND STUDY BALANCE

Balancing work, training, assessments and personal commitments can be challenging.

***Support your wellbeing by:***

- Planning your training schedule and setting realistic goals.
- Chunking assessments into manageable tasks.
- Maintaining healthy routines, including regular meals, hydration, sleep and rest.
- Communicating with your trainer or employer if you experience difficulties.
- Recognising when you need support and asking for help early.

## POSITIVE SALON AND BARBERSHOP CULTURE AND WORKPLACE SAFETY

Everyone has a role in creating a safe, respectful and inclusive learning and working environment.

- Follow workplace safety, hygiene, emergency and chemical handling procedures.
- Report hazards, injuries and near misses promptly.
- Treat clients, trainers and fellow students with respect.
- Support diversity, inclusion and professional communication.
- Speak up about bullying, harassment, discrimination or unsafe practices.
- Students must ensure they have obtained client consent before photographing their work on clients.

In Western Australia, workplace safety is governed by the *Work Health and Safety Act 2020 (WA)* and associated regulations. Further information is available from WorkSafe WA.

## ACCESSING SUPPORT

If stress, personal circumstances, health concerns or workplace challenges affect your wellbeing, speak with your trainer, Taylorweir student support team, Apprentice Connect Australia Provider, employer or a qualified health professional.

**APPRENTICE CONNECT AUSTRALIA PROVIDER DETAILS:**

What is an Apprentice Connect Australia Provider? | Australian Apprenticeships

**APPRENTICESHIP SUPPORT AUSTRALIA: (08) 9365 7441**

**Apprenticeship Support Australia - WA**

**Mentoring and Personal Support Services - Apprenticeship Support Australia - WA**

**First Nations Australian Apprentices | Apprentices - Apprenticeship Support Australia - WA**

**BUSY AT WORK: 13 28 79**

**Apprenticeships & Traineeships WA | BUSY At Work**

***Apprentice Financial Support | BUSY At Work***

***Together - First Nations Apprenticeships - BUSY at Work***

**MEGT : 1300 363 831**

**MEGT – Apprenticeships, Traineeships, Recruitment**

**Apprenticeship Support Services – Get Support Today**

**First Nations Apprenticeships Programs**

## USEFUL AUSTRALIAN MENTAL HEALTH SUPPORT SERVICES INCLUDE:

**Lifeline:** 13 11 14 - 24-hour crisis support.

**Beyond Blue:** 1300 22 4636 - mental health support.

**Headspace:** 1800 650 890 - support for young people aged 12–25.

**Medicare Mental Health:** 1800 595 212 - help finding mental health support.

**Healthdirect:** 1800 022 222 - general health advice.

**Emergency assistance:** Call 000 if there is an immediate threat to life or safety.

Check the relevant service websites for current information and eligibility.

## OUR COMMITMENT TO YOUR WELLBEING

At Taylorweir, we encourage every student and apprentice to prioritise their health, seek support when needed and contribute to a safe, inclusive and respectful learning environment.

Developing healthy habits during your training is an investment in your skills, confidence and future career.

Look after yourself. Support one another. Keep learning and thrive.

***Disclaimer: This guide provides general wellbeing information and does not replace professional medical advice, mental health care, formal safety training or workplace procedures. Students must follow applicable workplace health and safety requirements and relevant RTO policies.***