

Cycling to Work



Lend Lease is a leading international property and infrastructure group. Listed on the Australian Securities Exchange and with circa 13,500 employees worldwide, Lend Lease's expertise cover multiple sectors including commercial, residential, retail, retirement and infrastructure.

Sustainability has always been an integral part of the organisations culture and through design and investment in new technologies; Lend Lease is delivering the next generation of sustainable property solutions.

In a bid to promote health and wellbeing amongst it's circa 13,500 employees, Lend Lease provides facilities for employees who walk, run or cycle to and from work or during lunchtime.

A London School of Economics study found that regular cyclists on average take one less sick day per year than non-cyclists.

Lend Lease's Health & Wellbeing Lead said: "Good facilities help achieve our aim to have a healthy and productive workforce. Healthy employees bring their best to work benefitting not only our company but society as a whole. Providing showers, lockers and workplace support keeps our employees engaged and happy." ¹

"As a multi-national company we have been able to influence a move to more healthy workplaces around the world starting with our Global HQ in Sydney, The Bond.

"According to one international study, staff who thought their company actively promoted health and wellbeing were eight times more likely to be engaged and four times less likely to leave the company. We have seen similar patterns in people who use our facilities here in Sydney," Mr Young said.

The Facilities

Lend Lease's head office has 50 secure bicycle racks, 13 showers and 106 lockers. A laundry cleaning service is available and an ironing facility and drying rack are provided and represents a visible commitment to health and wellbeing of our employees

Bike riders have access to a floor pump, communal bike tools and bi-annual bicycle tune-ups.



Bicycle User Group

Lend Lease has an informal community of approximately 200 employees who use the change room facilities and ride to work. The facilities are used by bike riders, walkers, runners and boot campers who meet to share information, stories and routes this is co-ordinated by our Health & Wellbeing led Duncan Young who himself is an active cyclist.

The facilities support regular walkers from Rozelle, Elizabeth Bay and Mosman.

Communications are sent to the workplace Bicycle User Group with information about safer riding tips, events and cycling news.

Bike Buddy Map

A Bike Buddy Map is on display outside the change facilities, highlighting the starting points for 61 Lend Lease riders. This encourages riders to share the safest cycling routes to and from work with other potential riders.



“The bike buddy system is great. We were paired and now ride together once or twice a week. It’s great sharing safer route ideas and chatting with someone from another part of the business on your way to work,” said Vanessa from the Business Solutions team.



Further information

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Compiled by The City of Sydney July 2014

Footnote

1. A survey by the ‘right’ management of 30,000 people, 10 sectors and 15 countries responded to a survey Answers 100 question one of which was ‘My company actively promotes health & wellbeing’ those that answered favourably were: 8X more likely to be engaged & 4 X less likely to leave the company
2. ‘discovered that employees cycling regularly and occasionally to work took on average one day fewer of sick leave than non-cycling employees’ - Gross Cycling Product’ Report LSE 2010
3. Divergent thinking increases when people walk
<http://news.stanford.edu/news/2014/april/walking-vs-sitting-042414.html>