



# How menopause friendly is your organisation?

There are more people experiencing menopause at work than ever before. It's important that all employers put the right awareness, education and support in place.

**This quick checklist highlights the best practice elements to think about:**



**Is it clear how your organisation supports menopause at work?**

*It's not law to have a menopause policy but it's best practice to have accessible and well-publicised information:*

- Do you have either a menopause policy or guidance document, or is menopause included in another policy?
- Have you reviewed your existing policies to ensure they include menopause e.g. flexible working, absence and sickness?

**Do you have a culture where menopause can be talked about openly?**

*Talking about menopause openly supports an inclusive, diverse culture focused on equality, health, safety and performance. Do you:*

- Have information about menopause on your intranet or other communications channels such as staff magazines?
- Have colleague networks or a menopause network where employees can discuss menopause, either in person or online?
- Promote menopause awareness in campaigns like National Women's Health Week or World Menopause Day, or include menopause in your own wellbeing campaigns?
- Have menopause awareness and education sessions for colleagues?

**Do your managers and support teams have the right knowledge and skills to talk about menopause?**

*It's important that managers, HR and Workplace Health and Safety teams know:*

- What menopause is, its symptoms and how they can affect someone at work.
- What changes or reasonable adjustments help a menopausal woman.
- Your organisation's approach to supporting menopause at work.
- How to have a supportive conversation about menopause.

**Do you provide access to Occupational Health support?**

- Do your employees have access to Workplace Health support either directly or by referral?
- Do you have an Employee Assistance Programme which supports menopause in the workplace?
- Are they trained on menopause, how it can affect someone at work and how to help?

**Do your employees wear uniforms or have a dress code?**

*If a uniform or dress code is needed at work:*

- Can they be adapted to manage hot flushes or cold sweats e.g. layering?
- Can extra garments be ordered if needed?
- Do you think about the fabric and fit when redesigning or updating new uniforms?

**Do your workplace facilities support those experiencing menopause symptoms?**

*The work environment can sometimes make symptoms worse:*

- Is it possible to adjust workplace temperature or provide desk fans?
- Is there access to cold drinking water, washroom facilities and toilets in all workplace situations, including off site?
- Could those who need to stand for a long period of time or are customer facing take an extra break or sit down?



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MEMBERSHIP & ACCREDITATION  
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We make it easy for you to become a menopause friendly workplace

## The Menopause Friendly Accreditation



The Menopause Friendly Accreditation has been brilliant at supporting me in my role as project lead for menopause in the workplace. The accreditation gives me a focus and clear direction on how to meet the 5 pillars and become a menopause friendly workplace. The monthly webinars were great tutorials on how to get to the end goal.



**Visit**  
[www.menopausefriendly.au](http://www.menopausefriendly.au)



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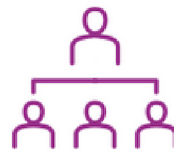
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