



**Irish Heart  
Foundation**

**Slí@work**

**Walking route set up guide**

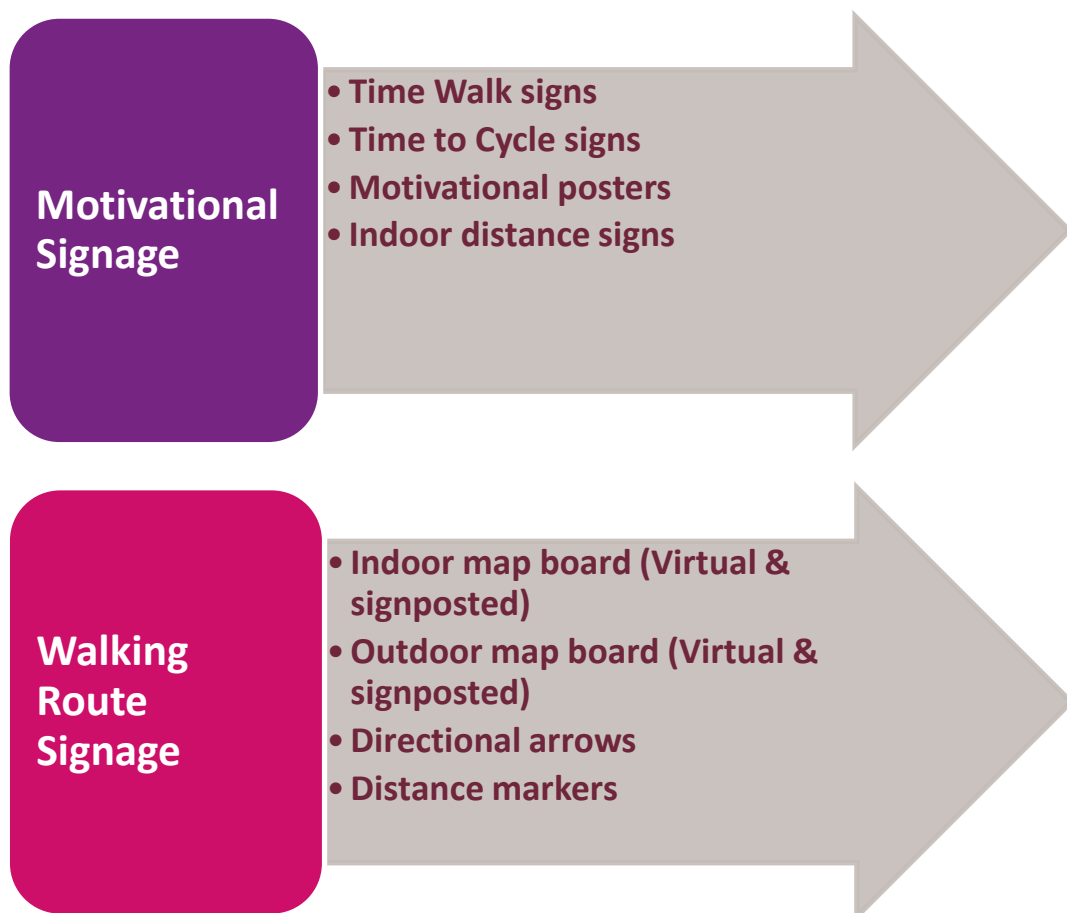
**Irish Heart Foundation**

**[www.irishheart.ie](http://www.irishheart.ie), [tcurran@irishheart.ie](mailto:tcurran@irishheart.ie), 01-668 5001**

## Introduction

Slí@Work aims to encourage people to incorporate walking into their working day. Slí@Work comprises a series of motivational signage and specially designed walking route signage. The signs are intended to inform people about the benefits of physical activity, to encourage use of stairs instead of escalators or lifts, to motivate people to walk short distances for transport and encourage people to walk for leisure at break times.

There are various components to the Slí@work programme allowing workplaces to choose the options most appropriate to their environment and budget. The various elements are listed below and described in more detail throughout the guide.



## Motivational signage



## Motivational posters

There are five motivational signs in the series, each available in either portrait or landscape format in sizes A4-A1. Each image is modified to include the company's logo. Motivational signs can be laminated or presented in various frames (Aluframe, Clickframe, Vistaframe). The motivational signage can be displayed in staff areas, stairwells, exits etc.



## Time to Walk

Key locations close to the organisation can be selected and the walking time and distance to these locations measured. These calculations are displayed on the TTW sign which can be located at reception, staff areas and exits. Company logos can be incorporated and the physical activity guidelines will be included.



## Indoor distance sign

Indoor distance signs are ideally suited to large industries where corridors are over 100 meters in length. The signs can be displayed in an area and will indicate the distance an employee will walk to get to, for example the canteen or main entrance etc.

## Walking route signage

### Signposted outdoor route

External signposted routes are suitable for development in large sites where there is a circular or linear onsite walk. These routes comprise a map board detailing the route. Distance markers and directional arrows can be used.



### Virtual outdoor route with indoor map

This is suited to companies who don't have their own grounds or are limited in budget. The virtual Slí@work includes an indoor or outdoor map board which details walks staff can do on their break. The map board will display the routes, distance, time it will take to walk and the physical activity guidelines. No other signage is placed on the routes.

### What happens next if a company wants to go ahead with the Slí@work?

- Please contact the Slí na Sláinte coordinator Tara [tcurran@irishheart.ie](mailto:tcurran@irishheart.ie) who can arrange a site visit to assess proposed walking routes and signage requirements.
- A quote can be provided based on the consultation.

## Costs

The costs related to Slí @ Work fall into two categories:

1. The cost of the signage/design and delivery (paid directly to signage company)
2. The IHF consultation fee (€250 made payable directly to IHF. Only applies to route development and not to motivational signs and only payable on completion of the project)

### Sample walking route costs

Sign	Size	Cost
Map board	A1	€115.00
Delivery cost		€30.00
Design cost for map work		€135.00
IHF Consultation fee		€250.00

### IHF Consultation Fee

Cost of services and materials provided by IHF is €250, this includes:

- Consultation meeting to access and measure up routes.
- Two places on a Walking Leader Training Course.
- Provision of leaflets, posters and challenge cards for promotion of physical activity.



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

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