



A *Responsible Care*® Company
AND
THE GLOBAL CORPORATE CHALLENGE®

A CASE STUDY

"The 2011 GCC was probably the most easily implemented, most successful health and wellness initiative that we have undertaken at Methanex.

Regions that didn't participate this year, overestimated the effort required to run the event and underestimated the positive impact it would have.

They are looking forward to next year when they expect to participate."

Brad Neumann, Director of Responsible Care, Methanex Corporation



GETTHEWORLDMOVING.COM

OVERVIEW

“Methanex is committed to doing the right thing, and be seen doing the right thing”.

Part of doing the right thing is promoting a healthy and active lifestyle for their employees. Wellness programs across Methanex (Corporation) are focused on encouraging employees to adopt healthy behaviours that:

- reduce risks related to workplace health and safety
- reduce the development of diseases
- improve everyday quality of life for themselves and their families.

In 2011, Methanex NZ, Trinidad, Vancouver and Hong Kong participated in the Global Corporate Challenge® (GCC) – an exciting scientifically and clinically backed pedometer challenge developed to improve employee and business health.

Methanex employees were encouraged by the Director of Responsible Care – Mr Brad Neumann (Vancouver) and Occupational Health Advisor for Methanex (NZ) Mrs. Christine Scott, to take advantage of the many benefits of this unique initiative which included team building, inter-site competition, healthy meal plans and the obvious incentive to increase activity and **GET METHANEX MOVING!**

KEY REASONS FOR INVOLVEMENT

Specific aspects of the GCC aligned with Methanex and their Responsible Care programme as it fostered the opportunity to:

- improve their employees lives and the environment
- take preventative action to protect employees health and the environment
- enhance sustainability by a change in travel behaviours
- meet expectations for social responsibility

ROLL OUT STRATEGY

As Methanex locations are spread across the world, in order to share knowledge and experience, Methanex has formed a number of global teams. One of these teams is the Global Occupational Safety & Health Team who, as part of their mandate, helps develop their global health program. As a member of the team, Mrs. Christine Scott brought forward the idea of participating in the GCC, which the group quickly adopted once the merits were understood. The team members became their regional “champions” in introducing the idea to their locations and then coordinating the activities there.

SENIOR MANAGEMENT BUY-IN

Each region used their own strategy for introducing the initiative to site employees including senior management. Mostly this was done through a presentation to the locations’ senior management using GCC resources.

INTERNAL COMMUNICATIONS

This was achieved through Methanex standard communications such as newsletters, health & safety meetings and email utilising GCC resources.

PROJECT TEAM

Due to the support provided by GCC, Methanex decided a specific project team was not required. The GCC event was managed as an initiative of the Global Occupational Safety & Health (GOSH) team, and led by Mrs Christine Scott (Occupational Health Advisor, NZ). As the sponsor of the GOSH, Brad Neumann (Director of Responsible Care, Vancouver), became the sponsor of the GCC event.

GLOBAL CORPORATE CHALLENGE® RESULTS FOR METHANEX CORPORATION:

AREA	No. OF PARTICIPANTS	% UPTAKE
Methanex NZ Ltd	126	86%
Methanex Vancouver	98	86%
Methanex Trinidad Office	147	72%
Methanex Asia Pacific M&L Office	35	100%
TOTAL	406	81%

- Gender Split: 38% Female 62% Male
- 65% said that prior to GCC they didn't exercise enough
- 83% reported that they wanted to improve upon their starting health

RESULTS

- Daily Step Average: 14,009 ie: 8.97 km per day.(4½ times higher than the average office worker)
- Total Distance Walked: 384,876 km (9.6 times around the world in 16 weeks!)
- Total Energy Burnt 101,029,834 kj (the equivalent of over 50,500 large burgers!)

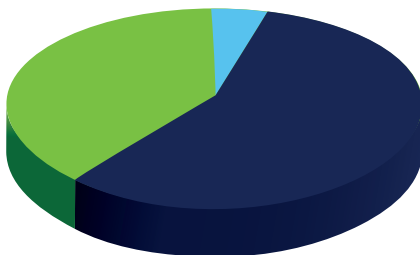
STEP ACTIVITY RANGE:

80% of Methanex staff achieved a **step average greater than 10,000 steps per day** as per World Health Organisation recommendations for an ACTIVE lifestyle.

STEP RANGE	ACTIVITY LEVEL	% OF PARTICIPANTS
10, 000 – 12,499	Active	22.9%
12, 500+	Highly Active	56.7%

METHANEX EMPLOYEE HEALTH - SELF REPORTED

BEFORE GCC

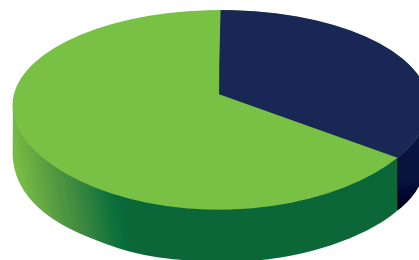


Low (1-3)

Reasonable(4-7)

Good (8-10)

AFTER GCC



HEALTH IMPACT

Methanex employees reported experiencing the following positive changes:

- 88% reported an improvement to their overall health
- 66% reported an improvement to their daily energy levels
- 50% reported an improvement in their quality of sleep
- 49% reported an increase in their ability to handle stress
- 46% reported a loss in weight. The average weight loss reported was 3.6kg

CHANGES IN TRAVEL BEHAVIOUR

- 95% reported an overall positive impact on travel behaviour
- 74% reported that they choose to use the stairs more often
- 37% reported that they walked to work more than usual
- 71% reported that they took more walks at lunchtime
- 62% reported that they encouraged family and friends to walk more often
- 50% reported a decrease in car usage

Working with Sustainability Victoria (an Australian Government initiative), the GCC is able to estimate overall carbon abatement. This is based on travel behaviour surveys conducted from 2006-2010.

METHANEX'S CARBON ABATEMENT DURING THE 2011 GCC = 14,443 kg

IMPACT OF THE GCC IN THE METHANEX WORKPLACE

- 79% reported an increase in morale in the office
- 68% reported a positive impact on team working
- 61% reported an increase in their engagement at work
- 58% reported an increase in their job satisfaction
- 49% reported an improvement in their productivity
- 42% reported taking fewer sick days

METHANEX, THE GCC AND SOCIAL RESPONSIBILITY

By supporting the GCC, Methanex in turn supported primary school children to get more active and healthy through participating in the Global Children's Challenge™ (www.gccjunior.org).

Based on Methanex's participation in the 2011 GCC, they gave 406 children the opportunity to participate in the Global Children's Challenge™ absolutely FREE of charge to the child, their parents, the school or the government.

Methanex NZ took further steps to reach out to the greater community and kindly donated their 126 NZ priority passes to St. Pauls School, Dallington, Christchurch – one of the worst hit schools in Christchurch following both the September 4th and February 22nd earthquakes. The children and the staff of St. Pauls, Christchurch were extremely grateful to Methanex to have such a positive event to engage in after such a traumatic year.



gccjunior.org

KEY FACTORS TO SUCCESS Brad Neumann, Director of Responsible Care, Methanex Corporation

- A well run event from the GCC side of things. In particular the website interface that was very user friendly, informative and largely trouble free.
- Identifying key people within our company that would be the regional coordinators and having them report progress regularly during the organizing stage.
- GCC resource materials

SUMMARY

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Brad Neumann, Director of Responsible Care, Methanex Corporation