



PRESS RELEASE

VODAFONE LAUNCHES EMPLOYEES WELLNESS PROGRAMME

Doha, 8 May 2014: Vodafone Qatar launched an Employee Wellness Programme which kicked off on the occasion of the World Day for Health and Safety at Work which was celebrated globally on the 28th of April. Vodafone's Employees Wellness Programme started with staff ergonomics awareness helping staff to adopt a healthy seating posture in order to avoid neck and back pain. The programme also included body composition analysis for employees.

The programme's annual calendar will feature smoking cessation sessions; family events to which employees will invite their families to attend health and wellness awareness workshops including healthy diets, kids' safety and others.

Additionally, Vodafone's Employee Wellness Programme will encompass staff immunization and blood screening to check cholesterol and diabetes levels and help staff identify any alarming health issue in its early stages. Furthermore, Vodafone will launch the second round of its employees' sports competition which encourages staff to follow a healthy nutrition and fitness lifestyle.

On April 28, Vodafone Qatar celebrated the World Day for Health and Safety at Work by announcing Safety Champions amongst staff. Safety Champions are Vodafone employees who take ownership of safety in their role and visibly advocate safety to colleagues, suppliers, friends and family. This can, for example, mean intervening when they see someone not using a seat belt; talking on the phone while driving or not respecting the speed limit. These are some of the Vodafone rules that every Vodafone employee worldwide advocates.

Mohammed Al Yami, Director of External Affairs at Vodafone Qatar, said: "At Vodafone Qatar, safety and wellness are integral parts in our culture; and it applies not only to staff at the workplace but wherever they are. Every member of the Vodafone team is a passionate and a driven ambassador to our absolute rules which are designed to ensure that our staff and everyone they know are strongly aware and conscious of daily risks which could jeopardise them and those around them."

Vodafone's health and safety standards, known as "The Seven Absolute Rules", are meant to be implemented throughout all Vodafone operations in the country. Under Vodafone's Seven Absolute Rules, no employee should be found driving under the influence of anything which might jeopardise them or others; exceeding speed limits; using hand-held mobile phones while driving; driving without seat belts; undertaking street or ground work if not competent to do so; working on electrical equipment if not qualified to do so; and working at heights without wearing protective gear.



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Al Yami concluded: "Health and Safety are integral parts of our culture and all Vodafone staff and third part team members are requested to strictly abide by these 7 rules."

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About Vodafone Qatar Q.S.C.

Vodafone Qatar Q.S.C. ("Vodafone Qatar") is the holder of the Second Public Mobile and Fixed Telecommunications Networks and Services License in the State of Qatar. Vodafone Qatar switched on its mobile network on 1 March 2009 and shortly after started delivering great value to its customers with a range of exciting products and services.

Having built a world class converged IP network, Vodafone launched fibre-based consumer and enterprise fixed-line services commercially in October 2012 and is expanding its fibre services in conjunction with Qbn deployment of Fibre to Homes and Corporates.

Vodafone's objective is to be one of the most admired brands in Qatar and the Company is committed to providing world class telecommunications infrastructure to support Qatar National Vision 2030. Please visit www.vodafone.qa for more details.

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