



# BUILDING A HEALTHY WORKPLACE

A Comprehensive Workplace Health Promotion program is the most effective way to build a healthier workplace.

## What is Comprehensive Workplace Health Promotion?

Comprehensive Workplace Health Promotion is an approach used to enhance and protect the health of employees and the organization through a variety of strategies including awareness raising, education, and environmental support.

There are 3 main factors which influence employee and organizational health:

- **Healthy Lifestyles:** Lifestyle issues may include: smoking cessation, healthy weight, healthy eating, physical activity, hygiene, stress management, shift work, alcohol and drug use and other concerns.
- **Health and Safety:** Topics related to health and safety may include: noise level, ergonomics, toxic substances, air quality, workplace design, safe lifting, employee violence, work pace, physical demands, safety guidelines.
- **Cultural/Social Environment:** Related issues can include: balancing work and family, staff involvement in decision making, employee satisfaction, flextime, peer communication, employee training and development, staff morale, social atmosphere, supervisor communication and feedback, employee recognition.

To learn more about ways to promote health in your workplace, contact the Workplace Health Coordinator for the Chronic Disease & Injury Prevention Department at 613-966-5513 ext. 233.