

# Integrating Workplace Health – Some Resources

## General References:

Bachmann, K., 2000. "More Than Just Hard Hats and Safety Boots: Creating Healthier Work Environments: Creating Healthier Work Environments". Canada: The Conference Board of Canada. (Download from the Conference Board of Canada web site:  
<http://www.conferenceboard.ca/boardwiseii/LayoutAbstract.asp?DID=335>)

Best Start "How to Build Partnerships with Workplaces: The Best Start Experience". (also partnerships with youth, physicians, & how to work with coalitions)  
[http://www.beststart.org/resources/how-tos/wrk\\_toc.html](http://www.beststart.org/resources/how-tos/wrk_toc.html)

Burton, J. 2004. "Creating Healthy Workplaces" Industrial Accident Prevention Association  
[http://www.iapa.ca/pdf/2004\\_HWP\\_Healthy\\_Workplace\\_FINAL.pdf](http://www.iapa.ca/pdf/2004_HWP_Healthy_Workplace_FINAL.pdf)

Canadian Centre of Occupational Health and Safety (CCOHS) Various publications including: "Wellness in the Workplace", "Health and Safety Committee Reference Guide", "Office Ergonomics", "Violence in the Workplace Prevention Guide", etc  
<http://www.ccohs.ca/products/print.html>

Canadian Health Network – 26 topic and subject areas including tobacco, active living, healthy eating, cardiovascular disease, workplace health, etc...  
<http://canadian-health-network.ca>

Eakin, J.M, et al, 2001. "From Theory to Practice: A Determinants Approach to Workplace Health Promotion in Small Business" In Health Promotion Practice Volume 2, Number 2, 172-181.

Health Canada: Workplace Health - various publications including:

- Best Advice on Stress Risk Management in the Workplace
- Corporate Health Model
- Fairness in Families, Schools and Workplaces: Implications for Healthy Relationships
- The Farm Business health model
- Health Works Guide
- Healthy Settings: Canadian Case Studies
- Influencing Employee Health
- The Small Business Health Model
- Workplace Health System  
[http://www.hc-sc.gc.ca/ewh-semt/pubs/occup-travail/work-travail/index\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/pubs/occup-travail/work-travail/index_e.html)
- Workplace Health Strategies  
[http://www.hc-sc.gc.ca/ewh-semt/occup-travail/work-travail/wh-mat-strategies\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/occup-travail/work-travail/wh-mat-strategies_e.html)

Health Care Health and Safety Association of Ontario, 2003. "A Step in the Right Direction: Wellness in the Workplace" 2<sup>nd</sup> edition. Toronto: Health Care Health and Safety Association of Ontario. Order page: <http://www.hchsa.on.ca/products/resrdoc.html>

Healthy Workplace Week – October 24-30, 2005 <http://www.healthyworkplaceweek.ca>

Hunnicut, D, et al., 2000. "Health Promotion: Sourcebook for Canadian Business". Hamilton: Wellness Councils of Canada.

Lowe, G. 2004. "Healthy Workplace Strategies: Creating Change and Achieving Results"

Download from: <http://www.cprn.com/en/doc.cfm?doc=536>

National Quality Institute. "Canadian Healthy Workplace Criteria". Download free (after creating account) [http://www.nqi.ca/nqistore/product\\_details.aspx?ID=63](http://www.nqi.ca/nqistore/product_details.aspx?ID=63)

Shain, M, et al., 2001. "Investing in Comprehensive Workplace Health Promotion" Toronto: Centre for Addiction and Mental Health and National Quality Institute. Sample pages at: [http://www.alderweb.com/website/dev\\_centre/cda/site/resources/pdfs/excerpt\\_from\\_investing\\_in\\_cwhp.pdf](http://www.alderweb.com/website/dev_centre/cda/site/resources/pdfs/excerpt_from_investing_in_cwhp.pdf)

World Health Organization - Promoting Health <http://www.who.int/healthpromotion/en/>  
Health Promotion Glossary [http://whqlibdoc.who.int/hq/1998/WHO\\_HPR\\_HEP\\_98.1.pdf](http://whqlibdoc.who.int/hq/1998/WHO_HPR_HEP_98.1.pdf)

### **Business Case**

Bachmann, K. 2002 "Health Promotion Programs at Work A Frivolous Cost or a Sound Investment?" Conference Board of Canada  
<http://www.conferenceboard.ca/boardwiseii/LayoutAbstract.asp?DID=461>

Canadian Health Network – Workplace Health Centre - Use Quick Search and select Business Case in the drop down list <http://www.canadian-health-network.ca/servlet/ContentServer?cid=1048161679940&pagename=CHN-RCS%2FPage%2FGTPageTemplate&c=Page&lang=En>

Canadian Labour and Business Centre. 2002. Issues of Workplace Health and Wellness - Case Studies. Includes 12 Canadian Case Studies  
[http://www.clbc.ca/Research\\_and\\_Reports/Case\\_Studies.asp](http://www.clbc.ca/Research_and_Reports/Case_Studies.asp)

Health Canada – Healthy Settings – Canadian Case Studies  
[http://www.hc-sc.gc.ca/ewh-semt/pubs/occup-travail/work-travail/healthy-settings\\_cadres-sains/index\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/pubs/occup-travail/work-travail/healthy-settings_cadres-sains/index_e.html)

European Network for Workplace Health Promotion (ENWHP) 2004 "Making the case for workplace health promotion: analysis of the effects of WHP"  
[http://www.enwhp.org/download/report\\_business\\_case.pdf](http://www.enwhp.org/download/report_business_case.pdf)

### **Highlight --- Resources on Stress**

"Best Advice on Stress Risk Management in the Workplace" -see Health Canada

Canadian Mental Health Association - National Office <http://www.cmha.ca/>

IRSST, 2004. Occupational psychological health problem prevention kit (with IAPA and others)  
[http://www.irsst.qc.ca/en/communique\\_100043.html](http://www.irsst.qc.ca/en/communique_100043.html)

Mental Health Works <http://www.mentalhealthworks.ca>

Stress and psychosocial risks – Good Practice (collection of European initiatives)  
From European Agency for Safety and Health at Work  
[http://agency.osha.eu.int/good\\_practice/risks/stress](http://agency.osha.eu.int/good_practice/risks/stress)

Work Positive - piloting the use of a work stress audit tool suitable for SMEs - Pilot program from Ireland. [http://agency.osha.eu.int/publications/reports/104/en/index\\_19.htm](http://agency.osha.eu.int/publications/reports/104/en/index_19.htm)

Workplace Stress – Health and Safety Executive, UK <http://www.hse.gov.uk/stress/index.htm>

Workplace Stress – CCOHS <http://www.ccohs.ca/oshanswers/psychosocial/stress.html>