

Canadian Health Network

Brought to you by the Public Health Agency of Canada and major health organizations across the country

Quick Guide to Searching the Canadian Health Network

The Canadian Health Network is brought to you by the Public Health Agency of Canada and major health organizations across Canada. It offers dependable, up-to-date information at your fingertips on how to stay healthy and prevent disease and injury.

Step 1:

Visit the Canadian Health Network website at <http://www.canadian-health-network.ca>

The screenshot shows the homepage of the Canadian Health Network. At the top, it features the Public Health Agency of Canada logo and the text 'What can you expect to find at the Canadian Health Network? Health info for every body'. Below this is a navigation menu with links for 'Français', 'Contact Us', 'Help', 'Search', and 'Home'. A sidebar on the left lists 'Groups' (Children, Youth, Seniors, Aboriginal Peoples, Women, Men) and 'Topics' (Active Living, Complementary and Alternative Health, Environment and Health, Health Promotion, Health System, Healthy Eating, Injury Prevention, Living with Disabilities, Mental Health, Sexuality/Reproductive Health, Substance Use/Addictions, Tobacco, Violence Prevention). The main content area includes a survey announcement 'Help us improve this site!', a 'This month...' section with articles on 'Growing up, taking risks', 'Creating community online', and 'Aboriginal Peoples can prevent colorectal cancer rates from rising', and a 'Subscribe to our Healthlink Newsletter' button.

Step 2:

Visit a Health Section

From the home page, select from one of 27 Health Centres in the left column. The Health Section represents broad topic areas, such as Workplace Health or Active Living, population groups, such as Women's Health and Disease Prevention such as Diabetes. Each Health Section contains links to hundreds of full-text documents, including frequently asked health questions, telephone information lines, links to discussion groups, related news and more.

The screenshot shows the 'Workplace Health' section. It features a title 'Workplace Health' and a sub-header 'Work can greatly affect our health and well-being. In this section, you can find information to help you:'. Below this is a list of topics: 'Work safety', 'Manage stress', 'Prevent injuries', 'Balance work and family', 'Promote workplace wellness', and 'And much more...'. There is also a section for 'See also sections on Injury Prevention, Environment and Health, and Mental Health.' and a 'Find loads of ideas to make healthy lunches you'll love to eat.' section with a list of links: 'Healthy eating at work', 'Work, the night shift and nutrition', 'Guide to nutrition promotion in the workplace', 'Workplace nutrition programs', and 'About Eat Smart Workplace Cafeteria Program'. A 'SUBSCRIBE TO OUR Healthlink Newsletter' button is also visible.

Step 3:

Select the Guided Search

Browse a list of Health Section resources using the Guided Search. This list includes links to pamphlets, articles and tip sheets – each with a short summary to help you decide which ones meet your needs. Click on any document title and a separate window will open up to display the document. Close the document window to get back to the list of CHN resources.

The screenshot shows the 'Workplace Health: Guided Search' page. It features a title 'Workplace Health: Guided Search' and a sub-header 'Items found: 1068 (1-10) Next'. Below this is a 'Sort' section with options: '•Alphabetically •By organization •By date' and a 'Filter' section with options: '•All Resources •Canadian Resources only'. The main content area includes a list of search results, with the first one being 'Good housekeeping' a sign of good farm management. To the right, there is a 'Narrow your search by clicking on one of the Topics, Groups, Resource Types or Provinces / Territories listed below. Tips' section with a list of topics: 'Active Living', 'Cancer', 'Cardiovascular Disease and Stroke', 'Complementary and Alternative Health', 'Diabetes', 'Environment and Health', and 'Health Promotion'. A red dashed arrow points from the 'Active Living' topic to the 'Active Living At Work' document in the main content area. The document title is 'Active Living At Work' and it features three icons: a person walking, a person climbing stairs, and a person riding a bicycle. Below the icons is a 'Enter' button.

Step 4:

Narrow a list of documents within a Guided Search

From the Guided Search you can choose to view a specific list of resources on a Health Section topic. Choose from Group, Resource Type and Province/Territory limiters to go to a smaller list of resources that more closely match what you need.

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Step 5:

Quick Searches

Browse a list of topics using Quick Searches in a Health Section. Quick searches give you easy access to all the resources on a variety of topics in the Health Centre. For example, you can readily find all the resources on Ergonomics at Workplace Health.

Search "Workplace Health"

Guided search - Browse or search our collection of resources on workplace health.

Quick searches:

- Stress at work
- Active living at work
- Aging workers
- Business case for workplace health promotion
- Chemical hazards in the workplace
- Discussion Groups
- Ergonomics
- Farm safety
- Healthy eating at work
- Newsstand
- Pandemic influenza planning for workplaces
- Phone Lines
- Pregnancy and work
- Promoting health in the workplace
- Retirement
- Shift work and health
- Stress at work
- Substance use, addictions and work

Step 6:

Can't Find What You Need? Try an A to Z Search

For more specific topic search, select the A to Z search link on the CHN home page. You will jump to the CHN list of subjects beginning with the letter "A". Click on the first letter of the topic you are looking for on the A to Z list. Then, click on the term to view a list of resources on that subject.

Example: selecting the letter "W", and choosing Workplace Safety, will bring up a list of resources covering a wide range of topics on Workplace Safety.

Got no satisfaction with your lunch? For satisfying lunch ideas go to: www.canadian-health-network.ca/healthychoices

ABCDEFGHIJKLMNOPQRSTUVWXYZ

Search Results for: Ergonomics (Workplace safety)

Items found: 54 (1-10) Next

Sort: • Alphabetically • By organization • By date

Filter: • All Resources • Canadian Resources only

- E.coli bacteria
- Ear infections
- Early childhood development
- Eating disorders
- Economic conditions
- Education
- Effectiveness
- Elder abuse
- Elder care
- Electroencephalogram
- Emergency medical services
- Emergency shelters
- Emotional problems
- Emphysema
- Employment
- Empowerment
- Endometriosis
- Environment and health
- Environmental pollution
- Epidemiology
- Epilepsy
- Equity
- Ergonomics (Workplace safety)**
- Ethnic groups
- Euthanasia
- Evidence based decision-making
- Exercise
- Eye disorders
- Eyeglasses

A fine balance: a manager's guide to workplace well-being
Provides advice and tools for improving workplace well-being. Aims to help managers improve their own well-being as well as the well-being of their staff. Addresses topics such as: work-life balance, time and workload management, the physical work environment, alternative office designs, and stress management.
Source: [Canada School of Public Service](#) From: [Action-research roundtable series](#)

Adjusting your computer workstation
Addresses concerns about body position and adjustment of chair height, backrest, keyboard, mouse, monitor and source documents. Link requires PDF reader.
Source: [Nova Scotia Environment and Labour](#) From: [Publications](#)

An ergonomics guide for hospital pharmacies
Provides practical information concerning safety in hospital pharmacies. Offers guidance in detecting potential musculoskeletal injury risks, and implementing control measures to prevent injuries. Link requires PDF reader.
Source: [Occupational Health and Safety Agency for Healthcare in British Columbia \(OHSAH\)](#)

Anti-fatigue mats
Answers questions about floor mats designed to reduce fatigue and foot weariness. Discusses the use of anti-fatigue mats for workers who stand for long periods of time in their jobs.
Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#) From: [OSH answers](#)

Approaches to improving lifting tasks
Outlines what workers can do to reduce the risk of injury from lifting tasks. Link requires PDF reader.
Source: [Nova Scotia Environment and Labour](#) From: [Ergonomics](#)

Search Results for: Stress at work

Items found: 59 (1-10) Next

Filter: • All Resources • Canadian Resources only

Workplace stress: general
Answers basic questions about workplace stress, common stressors, and how to reduce stress.
Source: [Canadian Centre for Occupational Health and Safety](#)

Reducing job stress
Defines job stress and lists some of its causes. Organizations can take to reduce it. Link requires PDF reader.
Source: [Ontario Safety Association for Construction](#)

Sources of workplace stress
Defines workplace stress, and outlines common stressors. Includes a link to a Social Survey, 2000. Link requires PDF reader.
Source: [Statistics Canada](#)

Enough workplace stress: organizational strategies
Describes workplace stress, and outlines strategies, which may be implemented to reduce stress. Link requires PDF reader.
Source: [Canadian Union of Public Employees](#)

What is workplace stress and what can be done about it?
Briefly discusses workplace stress and offers suggestions to employers to help minimize it. Link requires PDF reader.
Source: [Canadian Health Network \(CHN\)](#) From: [FAQs: workplace health](#)

Stress at work
Defines workplace stress and outlines its causes. Presents the NIOSH model of job stress.

Step 7:

Need More Help?

Click on the Help button at the top of any screen on the CHN Web site to find search tips and technical help.

Step 8:

Still Can't Find What You Need?
Contact Us

Click on the Contact Us button at the top of any screen on the CHN Web site to send us an e-mail.

Or, e-mail us directly at: chn-info-rcs@phac-aspc.gc.ca