

Healthy Living All Year

Deana Papagianis
Health Promoter
Canadian Health Network
In partnership with



Canadian Centre for Occupational Health and Safety  Centre canadien d'hygiène et de sécurité au travail

www.ccohs.ca

-
- ▶ **What is Health?**
 - ▶ **What is the Canadian Health Network (CHN)**
 - ▶ **How to implement and strategies for the workplace**
 - **Physical Activity**
 - **Healthy Eating**
 - **Stress Reducing Activities and Work Breaks**



What is health?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”



What is Health Promotion (HP)?

It is the process of enabling people to increase control over, and to improve their health.

- ▶ A way of giving people the tools they need to improve their own health
- ▶ Helps people take care of themselves

HP strategies are not limited to a specific health problem, nor to a specific set of behaviours.



What is Workplace Health?

Workplace health is a comprehensive and integrated approach to health which focuses on the general population at a workplace and the organization as a whole. It addresses a broad range of health issues including physical and psychosocial, environment, health practices, personal resources, etc. through programs, policies and practices.



What determines health?

Biology and genetic environment

Healthy child development

Gender

Culture

Health Services

Personal health practices

Income/social status

Social support networks

Education

Employment / working conditions

Social environment

Physical environment



Is work a determinant of health?

Yes, work itself can influence the health of employees:

- ▶ **Income/social status**
- ▶ **Social support environment**
- ▶ **Education**
- ▶ **Employment / Working conditions**
- ▶ **Social environments**
- ▶ **Health Services**



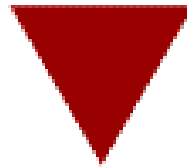
Healthy Workplace Model

Bringing Health To Work

There are three major aspects covered by workplace health:

Occupational Health & Safety

programs which focus on preventing injuries or illness and eliminating hazards.



Healthy Choices

traditional health promotion activities at work which encourage overall health and wellness (e.g., programs on active living, stress management, heart health and nutrition)

Organizational Health

management practices and strategies that focus on culture, relationships, and values within the workplace.



Benefits of having a Healthy Workplace

- ▶ Less turnover, absenteeism, etc
- ▶ Better able to cope with stress, change
- ▶ Improved morale
- ▶ Increased productivity, job satisfaction
- ▶ Fewer injuries
- ▶ Increased retention and recruitment
- ▶ Improve company image and culture

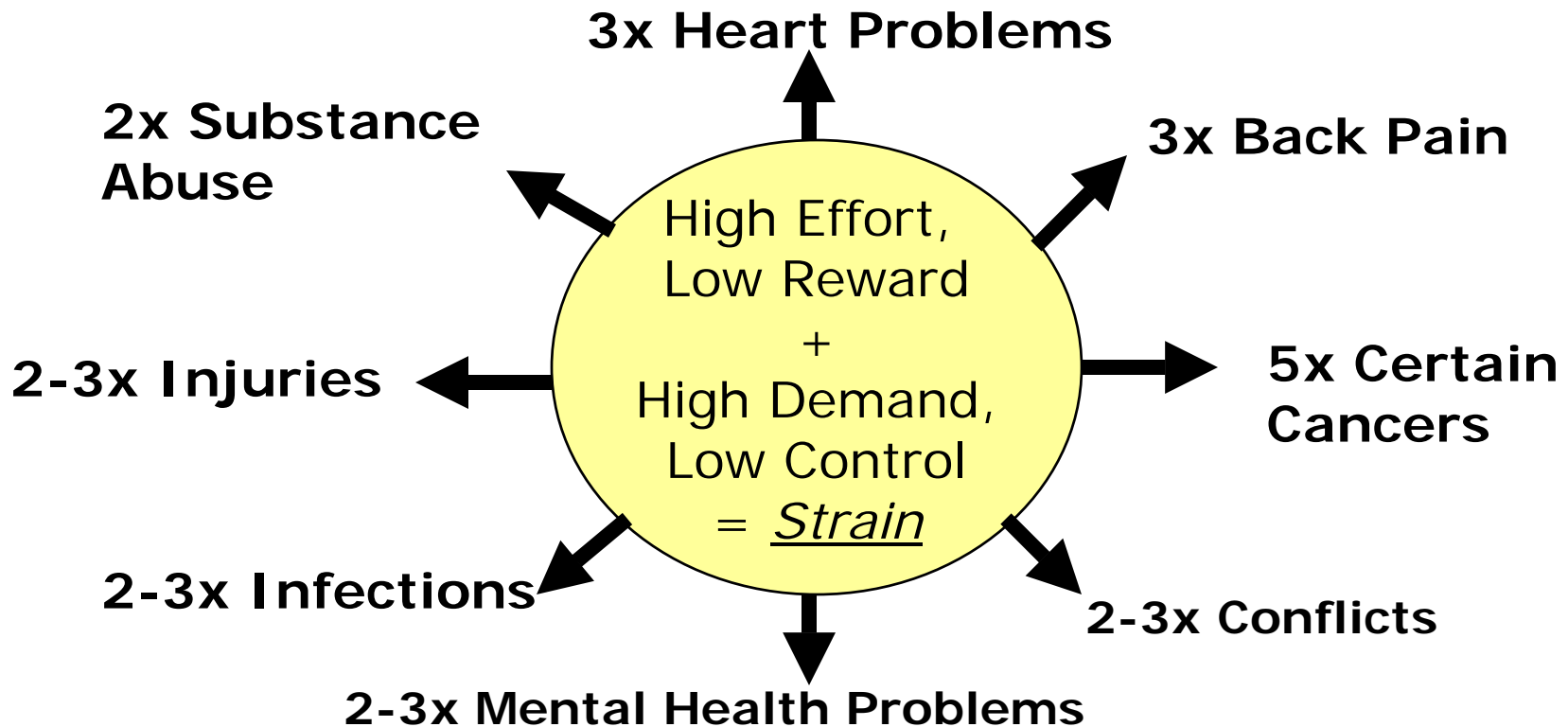


Workplace Equation

**Healthy Employees + Healthy Organizations
= Healthy Workplaces**



What is the cost of an Unhealthy Workplace?



Dr. Martin Shain, CAMH.



Why use CHN?



Deana Papagianis
Canadian Health Network in partnership with CCOHS
www.ccohs.ca

Healthy Living All Year
Webinar Presentation
October 22, 2007

Canadian Health Network (CHN)

www.canadian-health-network.ca

 **Public Health Agency of Canada** Agence de la santé publique du Canada

Canadian Health Network Health info for every body

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October 17, 2007 Search 

[Groups](#)  [Increase text size](#)  [Print-friendly version](#)

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- ▶ [Environment and Health](#)
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- ▶ [Health System](#)
- ▶ [Healthy Eating](#)
- ▶ [Injury Prevention](#)
- ▶ [Living with Disabilities](#)
- ▶ [Mental Health](#)

This month...

Get ready for winter... get vaccinated!
 Are you ready for the [influenza season?](#)

Getting involved to make a difference
 [Stories from youth](#) about volunteering...

Binge drinking and alcohol poisoning: straight talk for parents
 [Drinking too much alcohol](#) in a short period of time can be

-  [Subscribe to Healthlink, our email Newsletter](#)
-  [Public Health Agency of Canada](#)
-  [How to find the most trustworthy health info. on the internet](#)
-  [Healthy Lunches to Go](#)
-  [Canada's NEW Food Guide](#)
-  [Get serious about](#)



CHN offers...

- Links to thousands of quality-assured e-health resources (English and French)
- 25 key health topics and groups
- Over 500 FAQs & answers
- Feature health articles, facts & tips, headlines
- Free, *Healthlink* e-newsletter
- Information on national health events
- A Health Information Request (HIR) Service
- An online guide to evaluating e-health information



CHN Home Page

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October 17, 2007

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CHN Topics and Groups

The screenshot shows the Canadian Health Network website. At the top left is the Public Health Agency of Canada logo. The main header reads "Canadian Health Network" with the tagline "Health info for every body". A navigation bar includes links for "Français", "Contact Us", "Help", "Search", "Home", "About Us", "FAQs", "Media Room", "Site Map", and "A-Z Index". A date stamp shows "October 17, 2007". A search bar and a "Print-friendly version" link are also present. A red circle highlights the "Groups" and "Topics" sections on the left. The "Groups" section lists: Children, Youth, Seniors, Aboriginal Peoples, Women, and Men. The "Topics" section lists: Active Living, Complementary and Alternative Health, Environment and Health, Health Promotion, Health System, Healthy Eating, Injury Prevention, Living with Disabilities, and Mental Health. The main content area features a "This month..." section with three articles: "Get ready for winter... get vaccinated!" (with a photo of people), "Getting involved to make a difference" (with a photo of volunteers), and "Binge drinking and alcohol poisoning: straight talk for parents" (with a photo of a hand holding a glass). A right-hand sidebar contains several links: "Subscribe to Healthlink, our email Newsletter", "Public Health Agency of Canada", "How to find the most trustworthy health info. on the internet", "Healthy Lunches to Go", "Canada's NEW Food Guide", and "Get serious about".



Workplace Health Collection



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Search

▸ [Home](#) ▾ Workplace Health

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Workplace Health



Work can greatly affect our health and well-being. In this section, you can find information to help you:

- Work safely,
- Manage stress,
- Prevent injuries,
- Balance work and family,
- Promote workplace wellness
- And much more...

See also sections on [Injury Prevention](#), [Environment and Health](#), and [Mental Health](#).




SUBSCRIBE TO OUR Healthlink NEWSLETTER

Understanding bullying at work

- [What is workplace bullying?](#)
- [Bullying in the workplace](#)

FAQs

 Answers to frequently

Groups

- [Children](#)
- [Youth](#)
- [Seniors](#)
- [Aboriginal Peoples](#)
- [Women](#)
- [Men](#)

Topics

- [Active Living](#)
- [Complementary and Alternative Health](#)
- [Environment and Health](#)
- [Health Promotion](#)
- [Health System](#)
- [Healthy Eating](#)
- [Injury Prevention](#)
- [Living with Disabilities](#)
- [Mental Health](#)



Quick Searches

The screenshot shows a search interface with a left sidebar and a main content area. The sidebar contains a navigation menu with categories like 'Addictions' and 'Disease Prevention'. The main content area features a search bar with the text 'Search "Workplace Health"' and a dropdown menu listing various search topics. The dropdown menu is currently open, showing a list of search results. The first item in the list is 'Business case for workplace health promotion', which is highlighted. Other items include 'Active living at work', 'Aging workers', 'Chemical hazards in the workplace', 'Discussion Groups', 'Ergonomics', 'Family-friendly workplaces', 'Farm safety', 'Healthy eating at work', 'HIV/AIDS and the workplace', 'Job quality and satisfaction in Canada', 'Newsstand', 'Pandemic influenza planning for workplaces', 'Phone Lines', 'Pregnancy and work', 'Programs for healthy return to work', 'Promoting health in the workplace', 'Retirement', 'Shift work and health', 'Stress at work', 'Substance use, addictions and work', 'Videos', 'Violence and the workplace', 'Work-life balance', 'Workplace programs', and 'Young workers' health and safety'. A 'GO' button is visible next to the search bar. At the bottom of the page, there are links for 'QUALITY ASSURANCE', 'PRIVACY POLICY', and 'DISCLAIMER'.

Search

Search "Workplace Health"

- ▶ [Guided search](#) - Browse or search our collection of resources on workplace health.
- ▶ **Quick searches:**
 - Business case for workplace health promotion
 - Active living at work
 - Aging workers
 - ▶ [Business case for workplace health promotion](#)
 - Chemical hazards in the workplace
 - Discussion Groups
 - Ergonomics
 - Family-friendly workplaces
 - Farm safety
 - ▶ Healthy eating at work
 - ▶ HIV/AIDS and the workplace
 - Job quality and satisfaction in Canada
 - Newsstand
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 - Substance use, addictions and work
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 - Violence and the workplace
 - Work-life balance
 - Workplace programs
 - Young workers' health and safety

Last Updated: 2006-06-23

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[QUALITY ASSURANCE](#) | [PRIVACY POLICY](#) | [DISCLAIMER](#)



Workplace Health FAQs

Ergonomics

- [What is a good sitting position for working at my desk?](#)
- [How can I keep from injuring my back while lifting?](#)
- [What are some stretches I can do at my workstation?](#)

Health and Safety Hazards

- [How can shift work affect my health?](#)
- [How do I know if there is poor indoor air quality in my workplace?](#)
- [What information is available in my workplace to help me work safely?](#)
- [I travel a lot for work. How can I stay safe?](#)
- [What should I know about sleepiness or fatigue when driving?](#)
- [What are stinging insects?](#)
- [Can workplace chemicals or materials be carried home on clothes?](#)
- [What is heat stress?](#)
- [Why is it important to wash our hands?](#)

Healthy Living and Wellness

- [How can my job affect my health?](#)
- [I'd like to have more wellness programs where I work. How do I get them?](#)
- [What are some tips for a person who teleworks or works at home?](#)
- [What is an employee assistance program \(EAP\) and what happens if I use it?](#)
- [What are some active living and physical fitness strategies in the workplace?](#)
- [What is work-life balance?](#)
- [Why should a workplace think about aging workers?](#)
- [What is workplace stress and what can be done about it?](#)

Workers' Rights & Responsibilities

- [Can I refuse dangerous work?](#)
- [I think my employer is breaking safety laws at work. What can I do about it?](#)
- [I'm young or new at my job. What are some things I should know to protect my health and work safety?](#)
- [What rights and duties do I have under occupational health and safety laws in Canada?](#)

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Groups and Topics: Search

Home > Workplace Health > FAQs > Question

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What are some active living and physical fitness strategies in the workplace?

People often feel like they don't have time to add more activity into their day and often don't know how much physical activity is enough. The workplace can help. A workplace can encourage employees to take on activities at all levels regardless of their ages and abilities. Most people just need help getting started. Encouragement from the workplace may help people to reach their own personal goals. Whether you work in a small or large company, [there are many strategies](#) that can increase participation in fitness and active living programs. Here are some ways this can be done:

- Develop a physical fitness policy for the workplace.
- Ask staff what types of programs they're interested in.
- Have flexible working hours. Allowing people to arrive at work a little later or leave a little earlier can help them add activity to their day.
- Job sharing, telecommuting and on-site day care will also offer some flexibility.
- Allow people to take an extra thirty minutes twice a week at lunch to walk, swim or attend fitness classes.
- Encourage people to walk to a co-worker's office or workstation rather than using the telephone or



Guided Search

Workplace Health: Guided Search

Items found: 1093 (1-10) [Next](#)

Sort: •[Alphabetically](#) •[By organization](#) •[By date](#)

Filter: •[All Resources](#) •[Canadian Resources only](#)

['Good housekeeping' a sign of good farm management](#)

Stresses how to keep farms neat and tidy to avoid accidents. Offers a checklist to help farmers identify safety hazards and the need for a clean-up. Link requires PDF reader.

Source: [Farm Safety Association \(FSA\)](#) From: [English fact sheets](#)

['What gets measured gets done': the healthy workplace balanced scorecard](#)

Highlights a project that helps workplaces improve their health and safety by designing and tracking a balanced set of key 'healthy workplace' indicators. Describes a measurement tool that collects and balances data. Discusses the project's framework and implementation. Link requires PDF reader.

Source: [Institute for Work and Health](#)

[101 stress relievers](#)

Offers a poster for workplaces, featuring things to do to help relieve stress. Link requires PDF reader.

Source: [Workplace Health, Safety and Compensation Commission of Newfoundland and Labrador \(WHSCC\)](#) From: [WHSCC publications: information sheets](#)

[A call to action: balancing work and non-work responsibilities: implications for women's health](#)

Describes the challenges women face balancing work and home responsibilities. Details how women generally work in atypical jobs, and

Narrow your search by clicking on one of the Topics, Groups, Resource Types or Provinces / Territories listed below. [Tips](#)

Topic:

- [Active Living](#)
- [Cancer](#)
- [Cardiovascular Disease and Stroke](#)
- [Complementary and Alternative Health](#)
- [Diabetes](#)
- [Environment and Health](#)
- [Health Promotion](#)
- [Health System](#)
- [Healthy Eating](#)
- [HIV/AIDS](#)
- [Injury Prevention](#)
- [Living with Disabilities](#)
- [Mental Health](#)
- [Respiratory Diseases](#)
- [Sexuality / Reproductive Health](#)
- [Substance Use / Addictions](#)



Link to a resource

Workplace Health: Guided Search

Items found: 15 (1-10) [Next](#)

Sort: •[Alphabetically](#) •[By organization](#) •[By date](#)

Filter: •[All Resources](#) •[Canadian Resources only](#)

[Active living at work](#)

Promotes the benefits of active living in the workplace, summarizes the research that has been done, provides some information about what works and how to get started, and provides a template for practitioners to use in developing a business case for active living in their own organizations.

Source: [Public Health Agency of Canada \(PHAC\)](#)

[ActNowBC](#)

Promotes physical activity, healthy eating, healthy schools, healthy workplaces, healthy communities, and anti-smoking programs in the Province of British Columbia.

Source: [British Columbia Ministry of Health](#)

[Developing a farm play safe program](#)

Discusses the need for vigilance concerning child safety on farms. Outlines steps in developing a farm play safe program: designating and developing a safe play area; identifying dangers with children; and modeling safe practices in farm work. Provides approaches to use with children and offers a worker checklist.

Source: [PEI Farm Health and Safety Website](#) From: [Kid's safety on the farm](#)

[Increasing physical activity: building active workplaces](#)

Provides an overview of physical activity in workplaces in Canada. Describes policies, support and access, evaluation of programs and

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Français	Contact Us	Help	Search	Canada Site
What's New	Exec. Summary	Glossary	Endorsers	PHAC Home

Active Living At Work

[Introduction](#) | [Physical Activity in Canada](#) | [The Role of Health Canada](#) | [Trends & Impact - The Basis for Investment Decisions](#) | [Getting Started & Managing Initiatives](#) | [Business Case Studies & Template](#)

Province/Territory:



CHN offers...

- ▶ Comprehensive, credible & Canadian health promotion and disease and injury prevention information
- ▶ Features the Workplace Health section of resources for workers, organizations & practitioners
- ▶ Covers all topics - healthy living info; organizational culture; work-life issues; health and safety topics



How can CHN help?

- ▶ Group and Topic Search
- ▶ Keyword Search
- ▶ Guided Searches
- ▶ FAQs



CHN can...

- ▶ help you find all the resources you need to start, implement and maintain a successful workplace health program
- ▶ Ideas to help your workplace be healthy and happy
- ▶ Knowledge and awareness of health information



Strategy 1

Physical Activity in the Workplace



So why do we need Physical Activity?

Obesity among Canadian adults 18 years and over increased from 14% in 1978 to 23% in 2004. Most people who are obese are increased risk for a range of preventable chronic diseases, such as cardiovascular disease, hypertension, type 2 diabetes, arthritis and some types of cancer. The estimated total direct cost of weight-related major chronic diseases to the health system was nearly \$1.6 billion in 2001, rising to \$4.3 billion when indirect costs are included. Workplaces are ideal environments for promoting healthy weights for adults. However, few Canadian employers have formal policies encouraging physical activity and healthy eating.

Canadian Institute for Health Information (2006). Improving the Health of Canadians: Promoting Healthy Weights. Ottawa: CIHI



Active Living vs. Exercise Program

Active Living means making physical activity a part of everyday life:

- ▶ Taking the stairs instead of the elevator
- ▶ Parking the furthest end of the parking lot or get off the bus two stops early
- ▶ Walking to the other building at your facility



Success of Physical Activity goals in the Workplace

- ▶ Encourage employees at any fitness level to be more active and to stay active.
- ▶ Provide information about the health benefits of being active.
- ▶ Provide strategies for incorporating active living into daily routines
- ▶ Provide opportunities for being active to, from and/or at work.
- ▶ Will recognize employees for their efforts.



Keyword Search



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Groups and Topics: Aboriginal Peoples

Home - Keyword Search

 [Increase text size](#)

Keyword Search

Enter search term(s) and select one of the options below.

(search is not case-sensitive)

<input type="radio"/> All the words	<input type="radio"/> Any of the words
<input type="radio"/> Exact phrase	<input checked="" type="radio"/> Boolean phrase

To browse by subject, use the [A-Z Index](#)

To browse by CHN's "Groups" and "Topics", use the [Guided Search](#) from any Group or Topic page.



Items found: 31 (1-10) [Next](#)

Sort: • [By relevance](#) • [Alphabetically](#) • [By organization](#) • [By date](#)

Filter: • [All Resources](#) • [Canadian Resources only](#)

[Active living at work](#)

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Source: [Public Health Agency of Canada \(PHAC\)](#)

[Walk and roll: a guide to active transportation to, from and at the workplace](#)

Promotes the use of non-motorized modes of travel to and from work, such as walking or cycling. Provides planning and implementation tools, such as checklists, questionnaires, and assessment forms.

Source: [Go for Green](#) From: [Active transportation](#)

[Health promotion / wellness / psychosocial](#)

Answers questions on workplace wellness issues including violence in the workplace, substance abuse, active living at work, work-life balance and workplace stress.

Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#) From: [OSH answers](#)

[How can I include active living in my busy lifestyle?](#)

Offers tips on how to fit more physical activity into everyday life. Advises how to take active breaks every day at home and at work. Lists some popular activities that are easy to begin doing. Includes links to related resources. Prepared by the Active Living Affiliate for the CHN.

Source: [Canadian Health Network \(CHN\)](#) From: [FAQs: active living](#)

[How can we encourage workers to be active?](#)

Describes a healthy work environment. Explains what employers have to gain by helping their employees be more active. Suggests ways of encouraging staff to be active and helping them fit more activity into their workday. Includes links to related resources. Prepared by the Active Living affiliate for the CHN.

Source: [Canadian Health Network \(CHN\)](#) From: [FAQs: active living](#)



Group & Topic Search

Items found: 15 (1-10) [Next](#)

Sort: • [Alphabetically](#) • [By organization](#) • [By date](#)
Filter: • [All Resources](#) • [Canadian Resources only](#)

[Active living at work](#)

Promotes the benefits of active living in the workplace, summarizes the research that has been done, provides some information about what works and how to get started, and provides a template for practitioners to use in developing a business case for active living in their own organizations.

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Source: [PEI Farm Health and Safety Website](#) From: [Kid's safety on the farm](#)

[Increasing physical activity: building active workplaces](#)

Provides an overview of physical activity in workplaces in Canada. Describes policies, support and access, evaluation of programs and ratings. Also studies attitudes, awareness of the benefits, barriers and motivation. Link requires PDF reader.

Source: [Canadian Fitness and Lifestyle Research Institute \(CFLRI\)](#)

Narrow your search by clicking on one of the Topics, Groups, Resource Types or Provinces / Territories listed below. [Tips](#)

Topic:

- [Health Promotion](#)
- [Injury Prevention](#)
- [Mental Health](#)

Group:

- [Children](#)
- [Youth](#)

Resource Type:

- [Health Promotion Tool](#)
- [Healthy Living Info](#)
- [Policy and Research](#)


Province/Territory:

- [Alberta](#)
- [British Columbia](#)
- [Ontario](#)



Alberta Centre for Active Living

<http://www.centre4activeliving.ca/workplace/>



Physical Activity @ Work BRINGING PHYSICAL ACTIVITY INTO THE WORKDAY

Before You Start Steps Success Stories Ideas Links Index

"A Better Place to Work"

Improve your workplace by bringing physical activity into the workday. This user-friendly website helps employers, employees, workplace wellness coordinators and human resources advisors encourage physical activity @ work.

Visit the [Bottom-Line Benefits](#) section to find out about the benefits of healthier, more active employees.

The [Keys to Success](#) section helps you make changes in the workplace that can make a real difference in people's lives.

This website also offers you a step-by-step planning guide, success stories and many practical ideas.

Try the special features, including a personal Activity Tracker and English and French versions of the videos *Yoga @ Your Desk* and *...*



Steps

1. Gaining Support From Management
2. Forming an Employee Committee
3. Finding out What's Possible in Your Workplace
4. Finding out What Employees Want and Need
5. Developing an Action Plan



Step 1 - Gaining Support From Management

- ▶ You need their agreement to involve employees in a workplace initiative
- ▶ When management pays attention to and supports an initiative, employees also see the initiative as worthwhile.
- ▶ Management has the power to give work time and money to support the initiative.



Step 2 – Forming an Employee Committee

- ▶ **Assessing your workplace environment**
- ▶ **Carrying out an employee interest survey**
- ▶ **Writing a physical activity or wellness policy declaring the organization's commitment to physical activity.**
- ▶ **Brainstorming program ideas**
- ▶ **Promoting, communicating & marketing the initiative**
- ▶ **Coordinating specific activities**
- ▶ **Deciding how the initiative will be evaluated**
- ▶ **Continually assessing what is or isn't working and adjusting the plan**



Step 3- Finding out What's Possible in Your Workplace

► Questions to help assess your workplace:

- What facilities or opportunities does your work space offer during the workday? (e.g. stairs, bike rack, showers, walking lanes, etc)
- What nearby facilities or opportunities could employees use during the day? (e.g. sidewalks, walking trails, community centres, bike lanes, etc)



Step 3 (cont'd)

- What resources are available?
- Can the initiative access funds, personnel, space, equipment, facilities?
- What is the structure of your organization? (e.g. staff size, working hours, number of sites, length of lunch breaks and ability to use flex time)



Step 4 – Finding out What Employees Want and Need

▶ Tips to produce your own employee survey

- Keep it short (less than 10 min)
- Let employees know purpose
- Don't use open-ended questions, ask people to choose from a drop-down list of options
- Ask for comments and suggestions
- Make it confidential and anonymous.



Step 5 – Developing an Action Plan

► With the employee committee, take the following steps

- Combine results from survey
- Consult the list of practical suggestions
- Create a mission statement
- Put together a plan addressing what you have learned
- Once your initiative is in place, it's important to promote it to employees
- Track results to see if you have reaches your goals



CHN FAQs on Active Living

What are some active living and physical fitness strategies in the workplace?

People often feel like they don't have time to add more activity into their day and often don't know how [much physical activity is enough](#). The workplace can help. A workplace can encourage employees to take on activities at all levels regardless of their ages and abilities. Most people just need help getting started. Encouragement from the workplace may help people to reach their own personal goals. Whether you work in a small or large company, [there are many strategies](#) that can increase participation in fitness and active living programs. Here are some ways this can be done:

- Develop a physical fitness policy for the workplace.
- Ask staff what types of programs they're interested in.
- Have flexible working hours. Allowing people to arrive at work a little later or leave a little earlier can help them add activity to their day.
- Job sharing, telecommuting and on-site day care will also offer some flexibility.
- Allow people to take an extra thirty minutes twice a week at lunch to walk, swim or attend fitness classes.
- Encourage people to walk to a co-worker's office or workstation rather than using the telephone or e-mail.
- Start each workday or shift with a pre-shift stretch program.
- Provide bike racks (in a secure location).
- Offer on-site fitness facilities, or negotiate discounts to health clubs in the area.
- Offer a wide range of company programs, whether it's a walk or bike group or an organized exercise activity (even if it's just 10 minutes long).
- Provide resources and education – things like newsletters, bulletins, community guides, health fairs and guest speakers.
- Help staff to find a support group or buddy system to encourage each other.

How can a physical activity program help your workplace?

A workplace that supports physical activity improves the quality of life for its employees, both inside and outside of the workplace. Encouraging employees to be active benefits both the employee and the company. Some examples of these benefits are:



For example, workplaces can:

- ▶ **Develop a physical fitness policy for the workplace.**
- ▶ **Ask staff what types of programs they're interested in.**
- ▶ **Have flexible working hours. Allowing people to arrive at work a little later or leave a little earlier can help them add activity to their day.**
- ▶ **Job sharing, telecommuting and on-site day care will also offer some flexibility.**
- ▶ **Encourage people to walk to a co-worker's office or workstation rather than using the telephone or e-mail.**
- ▶ **Start each workday or shift with a pre-shift stretch program.**



More ideas...

- ▶ **Provide bike racks (in a secure location).**
- ▶ **Offer on-site fitness facilities, or negotiate discounts to health clubs in the area.**
- ▶ **Offer a wide range of company programs, whether it's a walk or bike group or an organized exercise activity (even if it's just 10 minutes long).**
- ▶ **Provide resources and education – things like newsletters, bulletins, community guides, health fairs and guest speakers.**
- ▶ **Help staff to find a support group or buddy system to encourage each other.**



CCOHS's internal favourite policy!

- ▶ Allow people to take an extra thirty minutes twice a week at lunch to walk, swim or attend fitness classes.



Other useful tools from Alberta Centre for Active Living

Ideas section:

- ▶ **Individual Level: Ideas for You**
- ▶ **Social Level: Being Active with Your Co-workers**
- ▶ **Organizational Level: How Your Company Can Help Everyone to Be Active**
- ▶ **Community Level: Tapping Into Community Physical Activity Resources**
- ▶ **Policy Level: How Company Policies Can Help Everyone to Be Active**



Strategy 2

Healthy Eating in the Workplace



So why do we need Healthy Eating?

Together – healthy eating and active living – combined with a positive outlook can lead to:

- ▶ Reduced risk of heart disease and some forms of cancer
- ▶ Elevated mood, energy and self-esteem
- ▶ Reduced anxiety and stress
- ▶ Opportunities to spend enjoyable time with family and friends.

*Health Canada, Office of Nutrition
Policy and Promotion, 2001 “Vitality”*



Does the workplace influence how people eat?

- ▶ Always remember that the workplace environment influences the health of its employees.
- ▶ Examples:
 - Look at where the employees eat their lunch
 - Look at what is offered at vending machines and staff cafeterias.



What should a healthy eating program focus on?

Workplaces that are going to start a healthy eating program should focus on the main messages from the Canada's Food Guide to Healthy Eating. They should also make sure that wherever their employees get their food - whether it's vending machines, canteens, or cafeterias - offer some healthier food choices.



Topics for programs

- Understanding the basics
- Weight management and body image
- Fad diets
- Fats & Cholesterol
- Salt reduction
- Healthy eating on the run
- Planning balanced meals for the entire family
- Aging well
- Grocery shopping and reading nutritional labels
- Programs for specific health conditions (diabetes, heart conditions, etc.)
- Vegetarian eating



How can CHN help – Quick Searches

The screenshot displays the CHN website's search interface. On the left, a navigation menu includes categories like 'Addictions', 'Disease Prevention', and 'Respiratory Diseases'. The main content area is titled 'Search "Workplace Health"' and features a search bar with the text 'Healthy eating at work' and a 'GO' button. A dropdown menu lists various search results, with 'Healthy eating at work' highlighted. At the bottom, there are links for 'FRANCAI', 'ABOUT US', 'QUALITY ASSURANCE', 'PRIVACY POLICY', and 'DISCLAIMER'.

Search

Search "Workplace Health"

- ▶ [Guided search](#) - Browse or search our collection of resources on workplace health.
- ▶ **Quick searches:**

Healthy eating at work

- Active living at work
- Aging workers
- ▶ Business case for workplace health promotion
- Chemical hazards in the workplace
- ▶ Discussion Groups
- Ergonomics
- Family-friendly workplaces
- Farm safety
- ▶ **Healthy eating at work**
- ▶ HIV/AIDS and the workplace
- Job quality and satisfaction in Canada
- Newsstand
- Pandemic influenza planning for workplaces
- Phone Lines
- Pregnancy and work
- Programs for healthy return to work
- Promoting health in the workplace
- Retirement
- Shift work and health
- Stress at work
- Substance use, addictions and work
- Videos
- Violence and the workplace
- Work-life balance
- Workplace programs
- Young workers' health and safety

Last Updated: 2006-06-23

[FRANCAI](#) | [ABOUT US](#) | [DEX](#)

[QUALITY ASSURANCE](#) | [PRIVACY POLICY](#) | [DISCLAIMER](#)



Healthy Eating at Work search

Search Results for: Healthy eating at work

Items found: 10 (1-10)

Sort: • [By relevance](#) • [Alphabetically](#) • [By organization](#) • [By date](#)

Filter: • [All Resources](#) • [Canadian Resources only](#)

Healthy eating at work

Describes how to start a workplace healthy eating program. Provides sample topics, as well as tips for snacks to keep at work, and offer at meetings and other work functions. Examines how the workplace can influence the way people eat, and whether some jobs have specific nutrition concerns.

Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#) From: [OSH answers](#)

About Eat Smart! Workplace Cafeteria Program

Describes a program that recognizes Ontario workplace cafeterias that meet exceptional standards in nutrition, food safety and smoke-free dining. Highlights the program benefits for workplaces and links to a searchable database of designated workplaces in Ontario.

Source: [Ontario Public Health Association, Nutrition Resource Centre \(NRC\)](#)

Workplace nutrition programs

Outlines programs offered to workplaces by the Middlesex-London Health Unit. Includes "Healthy Measures", a lifestyle program; an armchair grocery store tour that focuses on food labelling; "Food Steps" which encourages healthier eating; and the "Eat Smart! Healthy Workplace Cafeteria program.

Source: [Middlesex-London Health Unit](#)

Nutrition to go!: away from home

Suggests tips for healthy eating away from home including on the road, workplace, portable lunches, and snacking.

Source: [Dietitians of Canada \(DC\)](#) From: [Fact sheets](#)

[Guide to nutrition promotion in the workplace](#) 



Nutrition to Go!: Away from Home - Dietitians of Canada

Different Eating Situations

With a little thought and planning you can ensure your food choices are healthy ones. Limit some foods and choose others more often... do you know which?

Situation	Try to Limit	Choose Instead
Meetings	Doughnuts, monster muffins, cookies, tea and coffee with cream.	small muffins, bagels, scones, tea biscuits, fresh fruit, juice, milk
Vending Machines/ Catering Trucks	Danish, chocolate bars, French fries, soft drinks, chips	Juices, pretzels, sandwiches, milk, soup, fruit, cereal boxes, yogurt, whole grain breads.
Hectic Schedule/Long Hours	Chips, cookies, coffee with cream. Hot dogs, pizza with double cheese & pepperoni	Fresh fruit, muffins, vegetable sticks, salads with lower-fat dressing, lean sliced meats, milk, yogurt
On the Road	Chips, fried foods, large burgers, salads loaded with dressing	Small plain burgers, bagels, cereal bars, crackers and cheese, juice, turkey sandwiches, pizza with ham and vegetables

Workplace Eating


Many workplaces have fridges and lunchrooms where perishable foods can be stored. Keep nutritious grazing/snacking foods on hand for a quick lunch or snack. Remember to check the "best before" dates.

Foods for the Lunchroom Fridge

Yogurt	Cheese	Salad greens
Sliced meats	Hard cooked eggs	Soup
Cartons of milk	Fresh fruit/vegetables	Juice
Cottage cheese	Whole wheat bread	Margarine/butter



Healthy Eating FAQ



Public Health Agency of Canada Agence de la santé publique du Canada

What can you expect to find at the Canadian Health Network?
Health info for every body



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Groups and Topics

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Is it possible to have a healthy meal when I am eating out? What are good choices on the menu?

"Would you like French fries, a baked potato, mashed potatoes, scalloped potatoes or rice?"
"Would you like Ranch, oil and vinegar, Caesar, French or 1000 Island dressing on your salad?"
So many choices - what do I eat that's healthy?

Eating out is typically a treat or an option when you don't feel like cooking, but it can be challenging and confusing if you're trying to combine health and taste. You can face many villains when you're trying to eat healthy in a restaurant - the aroma of freshly baked cinnamon buns makes your mouth water; foods that glisten and sizzle because they're prepared with excess or hidden fat; large tantalizing portions that tell us we're getting a good deal; and, the ambiance of socializing which makes it so easy to say 'yes' to another beer or to a rich dessert.

How do you step up to the challenge of healthy eating when dining out? As with all challenges, it's best to be well prepared. Below are several tips to help you have a pleasurable AND healthy dining experience.

1. **Before you go**

Deana Papagianis
Canadian Health Network in partnership with CCOHS
www.ccohs.ca

Healthy Living All Year
Webinar Presentation
October 22, 2007

Strategy 3

Stress Reducing Activities and Work Breaks



So why do we need to reduce stress?

Increased worker stress is causing increases in workplace illness and sick days. In 2005, the Conference Board of Canada reported that health expenditures are 50 per cent more for workers who report high levels of stress and that stress-related absences cost Canadian employers \$3.5 billion a year.



Quick Search on Stress at Work

Search Results for: Stress at work

Items found: 78 (1-10) [Next](#)

Filter: • [All Resources](#) • [Canadian Resources only](#)

[Workplace stress: general](#)

Answers basic questions about workplace stress. Includes questions on the definition of workplace stress, good versus bad stress, common stressors at work, health effects, trouble signs, and how to cope with stress.

Source: [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#) From: [OSH answers](#)

[Reducing job stress](#)

Defines job stress and lists some of its symptoms. Discusses the causes of job stress and suggests what steps organizations can take to reduce it. Link requires PDF reader.

Source: [Ontario Safety Association for Community & Healthcare \(OSACH\)](#)

[Don't take job stress to heart!](#)

Defines job stress and discusses the impact of stressors such as unfair bosses, authority and control, shift work, lack of appreciation, and anger. Highlights the early warning signs of job stress, and suggests strategies for dealing stress in the workplace.

Source: [Heart and Stroke Foundation of Canada \(HSFC\)](#)

[Sources of workplace stress](#)

Defines workplace stress, and outlines its causes. Discusses the impact of factors such as layoffs, hours of work, job demands, self-employment, part-time versus full-time status, sex and age. Based on data from the General Social Survey, 2000. Link requires PDF reader.

Source: [Statistics Canada](#)

[Enough workplace stress: organizing for change](#)

Describes workplace stress, and outlines its causes and consequences for workers. Suggests actions



CCOHS – OSH Answers

The screenshot displays the CCOHS website interface. At the top, there is a header with the Canadian flag, the text 'Canadian Centre for Occupational Health and Safety' and 'Centre canadien d'hygiène et de sécurité au travail', and the 'Canada' logo. Below this is a navigation bar with buttons for 'Français', 'Contact Us', 'Help', 'SEARCH', and 'Canada Site'. A secondary navigation bar includes 'Web Info Service', 'Products & Services', 'OSH Answers', and 'Education & Training'. A third navigation bar features 'Home', 'About Us', 'E-News', 'Bringing Health to Work', 'Events', 'Resources', and 'Shop'. A 'Printer Friendly Layout' link is also present.

The main content area is titled 'Workplace Stress - General' and contains a list of questions:

- ▶ Can "workplace stress" be defined?
- ▶ I have heard stress can be both good and bad. Is this true?
- ▶ What are examples of things that cause stress at the workplace?
- ▶ Can stress really cause health effects?
- ▶ How do I know if someone is (or if I am) having trouble coping with stress?
- ▶ Do all of these signs or symptoms happen all at once and what level of help should be sought?
- ▶ What are some general tips for dealing with stress at the workplace?
- ▶ Is there anything I can do to help myself deal with the stress I am experiencing?
- ▶ Are there organizations that can help?*
- ▶ What else can I do to improve my overall mental health?

Below the questions is an 'OSH Answers' section with a 'Feedback' link and a 'Disclaimer' link.

The 'OSH Answers' section is titled 'OSH Answers' and contains a sub-section 'Health Promotion / Wellness / Psychosocial' with a link to 'Workplace Stress - General'. The main question 'Can "workplace stress" be defined?' is answered with the following text:

We hear a lot about stress, but what is it? Taber's Cyclopedic Medical Dictionary defines stress as "the result produced when a structure, system or organism is acted upon by forces that disrupt equilibrium or produce strain". In simpler terms, stress is the result of any emotional, physical, social, economic, or other factors that require a response or change. It is generally believed that some stress is okay (sometimes referred to as "challenge" or "positive stress") but when stress occurs in amounts that you cannot handle, both mental and physical changes may occur.

"Workplace stress" then is the harmful physical and emotional responses that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands. In general, the combination of high demands in a job and a low amount of control over the situation can lead to stress.

Stress in the workplace can have many origins or come from one single event. It can impact on both employees and employers alike. As stated by the Canadian Mental Health Association:



CCOHS – OSH Answers

Categories of Job Stressors	Examples
Factors unique to the job	<ul style="list-style-type: none"> • workload (overload and underload) • pace / variety / meaningfulness of work • autonomy (e.g., the ability to make your own decisions about our own job or about specific tasks) • shiftwork / hours of work • physical environment (noise, air quality, etc) • isolation at the workplace (emotional or working alone)
Role in the organization	<ul style="list-style-type: none"> • role conflict (conflicting job demands, multiple supervisors/managers) • role ambiguity (lack of clarity about responsibilities, expectations, etc) • level of responsibility
Career development	<ul style="list-style-type: none"> • under/over-promotion • job security (fear of redundancy either from economy, or a lack of tasks or work to do) • career development opportunities • overall job satisfaction
Relationships at work (Interpersonal)	<ul style="list-style-type: none"> • supervisors • coworkers • subordinates • threat of violence, harassment, etc (threats to personal safety)
Organizational structure/climate	<ul style="list-style-type: none"> • participation (or non-participation) in decision-making • management style • communication patterns

(Adapted from: Murphy, L. R., Occupational Stress Management: Current Status



Ways to combat stress

Search Results for: stress reduction

Items found: 22 (1-10) [Next](#)

Sort: • [By relevance](#) • [Alphabetically](#) • [By organization](#) • [By date](#)

Filter: • [All Resources](#) • [Canadian Resources only](#)

[Reduce your stress](#)

Provides examples of good and bad stress. Explains the risks and symptoms of excess stress, and discusses different types of stressors. Offers tips for relieving stress.

Source: [Heart and Stroke Foundation of Canada \(HSFC\)](#)

[Stress reduction through mindfulness meditation](#)

Argues that a stress reduction technique like meditation can improve a variety of health conditions. Explains how meditation reduces stress and its effects. Briefly describes how to meditate and elaborates on one increasingly popular form.

Source: [Canadian Health Network \(CHN\)](#) From: [Magazine feature of the month: archives](#)

[International Stress Management Association \(UK\)](#)

Promotes knowledge and best practice in the prevention and reduction of stress and sets standards for its multi-disciplinary professional membership. Web site includes newsletter articles, tips for coping with stress, and lists of recommended books.

Source: [International Stress Management Association \(UK\)](#) From: International resource

[Stress & diabetes](#)

Describes stressful situations that can cause problems for people living with diabetes. Lists the symptoms of stress and provides techniques for stress reduction. Link requires PDF reader.


Source: [Southern Ontario Aboriginal Diabetes Initiative \(SOADI\)](#)

[Kidstress](#)

Lists the causes of stress for both adults and children, and groups them into three categories. Argues that



Heart & Stroke



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Home > Stroke > Prevention of Risk Factors

Reduce your stress

Although stress can sometimes be a good thing, too much stress can actually harm your health and increase your risk of heart disease and stroke. So, whether you're dealing with good (for example weddings) or bad (for example death) stress, we can all benefit from learning effective stress-busting techniques.

Types of stressors

Many life events such as moving, leaving school, changing jobs, and experiencing losses can cause stress. "Daily hassles", such as being stuck in traffic, deadlines or conflicts can also be stress-provoking. It's important to identify your stressors so you can learn to deal with them effectively.

Symptoms of excess stress

If you are suffering from high stress levels, you may feel tense or anxious, have headaches, stomach complaints or even symptoms that mimic old illnesses. Long-term exposure to stress can also lead to mental health problems, such as depression and anxiety.

Heart disease, stroke and stress

- Heart Disease
- Stroke
- Healthy Living
- For Our Kids
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Groups and Topics: Search

Home > Magazine Features > Article

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Magazine feature



Stress reduction through mindfulness meditation

[Comment on this article!](#)

Doing nothing can be good for your health

The use of meditation to promote healing is not new, but in the Western world, many people don't know that meditation can play a key role in our health. Practiced for thousands of years, the roots of meditation lie deep within the traditions of many cultures.

If you have never tried meditation, you may find the notion of sitting quietly and doing nothing a bit strange. The good news is that anyone

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Related reading

- [Wellness is a state of mind and body - and spirit](#)
- [How can I deal most effectively with stress?](#)

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Features Articles (cont'd)

Partner feature



Workplace health **works!**

On a rainy day in June, if you were in downtown Hamilton, Ontario you may have seen 26 people from the Canadian Centre for Occupational Health and Safety (CCOHS) peddling along Main Street on a very large bicycle, singing at the top of their lungs:

*I don't know if you've been told,
Safety Spinners go for gold.
We are health and safety folks,
Raising funds for Heart and Stroke.
If you want to help our cause,
Clap your hands in loud applause.
CC,
OHS,
CCOHS, hooray!*

We called ourselves the "Safety Spinners", recruited a husband and another co-worker's daughter for the occasion, and rode the "Big Bike for Stroke". You may have even seen a group of co-workers cheering from the sidewalk. For the Heart and Stroke Foundation, the "Big Bike" is a fund and awareness raiser. For CCOHS, riding the bike was a way of doing something for others that was healthy for ourselves and for our workplace. It was a way to get together and have a little fun during our lunch hour whether we were on the bike or not. To our delighted surprise, we were later presented with a "Team Spirit" award for our efforts!

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- [Health works guide](#)
- [Wellness program: getting started](#)

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What about Stretch Breaks?



Goal of Stretch Breaks

Ultimately you want to achieve nearly zero muscle tension which is *critical* factor in reducing stress and muscular injuries.



Types of Breaks

▶ **Unscheduled**

1. **Micro Break – just a few seconds (e.g. looking away from your computer screen)**
2. **Mini Break – few minutes (e.g. getting up, walking the long way to the washroom)**

▶ **Scheduled**

3. **Breaks – scheduled break (e.g. internal company policy)**



What will stretching do?

What can be done to minimize strain?

- ▶ It is recommended that a person break for 5-10 minutes for every hour spent at a workstation.
- Vary the work tasks. Break up keyboarding tasks work by doing other job duties or tasks that involve moving around or changing body position. Try to stand up and move around.
- Look away from the screen occasionally and focus your eyes on an object far away.
- Take regular rest breaks to ease muscle aches, eye strain and stress.
- Relax your muscles, stretch and change position.



CHN - FAQ



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Groups and Topics: Search

▸ [Home](#) ▸ [Workplace Health](#) ▸ [FAQs](#) ▾ Question

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What are some stretches I can do at my workstation?

It is important to take regular breaks throughout the day to stretch out those hard working tendons and muscles.

Why is it important to stretch?

Working at your desk, in front of a VDT (visual display terminal) like your computer, often involves repetitive movements of the hands and few changes in body position. This "static position" can lead to muscle pain and strain.

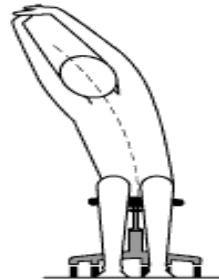
What can you do about it?

- Look away from the screen occasionally and focus on a distant object to rest your eyes for a moment.
- Relax your muscles, stretch and change position. Take regular breaks to relieve muscle aches, eyestrain and stress.
- Use rest breaks to stand up, move around and change your mental activity. You could try walking



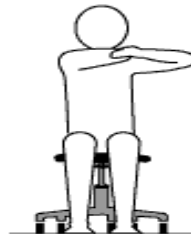
CCOHS OSH Answers

- Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.



2. Middle / Upper Back Stretch:

- Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat with your left arm.



Other OSH Answers

The screenshot shows the CCOHS website interface. At the top, there is a navigation bar with links for 'Français', 'Contact Us', 'Help', and a search box. Below this is a secondary navigation bar with 'Web Info Service', 'Products & Services', 'OSHA Answers', and 'Education'. The main content area is titled 'OSHA Answers' and features a list of questions under the heading 'Exercises for a Healthy Back'. The questions include: 'How important is exercise in preventing low back injury?', 'What kinds of exercises are most effective for preventing low back injury?', 'How do you start an exercise session?', 'What kinds of exercises are recommended for back extensors?', 'What kinds of exercises are recommended for abdominal muscles?', 'What exercises are recommended for lateral and oblique abdominal, and lumbar muscles?', and 'What is a final word to the wise?'. There are also sections for 'OSHA Answers' with links for 'Feedback', 'Disclaimer', and 'Printer Friendly Layout', and an 'Inquiries Service' section.

Commencing Exercising

Every session should begin with the "Cat-Camel" exercises (Figures 1A, 1B, and 1C)

- Start on your hands and knees with your thighs perpendicular to the floor (Figure 1A).
- Inhale deeply and slowly with the back straight but relaxed as much as possible.



Figure 1A

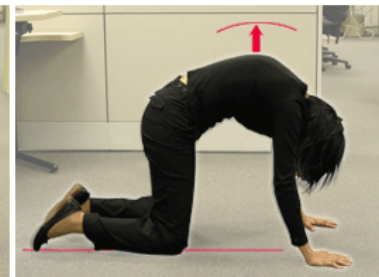
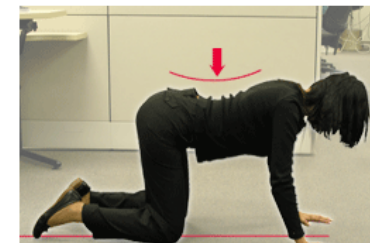


Figure 1B



How important is exercise in preventing low back injury?

The key to preventing lower back injury and pain (LBP), whether work or not, is physical conditioning. "Getting into shape" involves the overall of the body and the cardiovascular system. Aerobic exercise plus the of the core muscles (those of the spine and the abdomen that are re stabilizing the spine), are both critical for developing healthy and pain

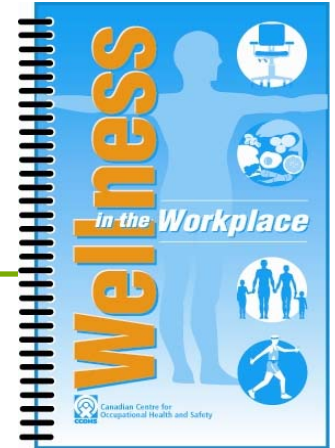
What kinds of exercises are most effective for preventing low back injury?

Traditional beliefs among exercise practitioners and even rehabilitation professionals that strong back and abdominal muscles alone protect to reduce LBP episodes have never been validated by research or experie time to debunk that myth.

Mobility and flexibility of the lumbar region seems to be another fallac that doesn't mean that strong and supple back muscles, if you have a bad thing. Nevertheless, developing them by using exercises that are conventionally prescribed for a strong and flexible back sometimes inf



CCOHS – Wellness in the Workplace Pocket Guide



- Identify factors that influence the health, safety and wellness of employees.
- Conduct a general health survey.
- Develop a workplace health promotion program.
- Initiate various prevention and promotion strategies.
- Identify relevant contacts for legislation and general health information.
- Apply a variety of initiatives to help encourage a comprehensive and complete balance between work and health.
- Understand the interaction between wellness, safety and employee health.
- Promote education and training for workplace health.



What else?

Canada's Healthy Workplace Week

www.healthyworkplaceweek.ca



www.healthyworkplaceweek.ca

October 22-28, 2007

Make us your year-round resource for Workplace Health

healthyworkplaceweek.ca

October 22-28, 2007

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Français

Home

Healthy Workplace Week

- Theme
- Activities
- Online Boutique
- Marketing Material

Healthy Workplace All-Year

- Strategies
- Getting Started
- Resource Well

Archives

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Welcome to Canada's Healthy Workplace online resource and the home of **Canada's Healthy Workplace Week** - a yearly celebration of workplace health in Canadian organizations.

Celebrating Canada's Healthy Workplace Week

A specific week is set aside each year to increase awareness about the importance of workplace health to personal and organizational performance.

In 2007, this week is October 22-28, 2007.

There are many activities on this site that you and your organization can participate in during the week. [Click here](#) for details!

Healthy Workplace All Year

There are plenty of resources and ideas to assist you in developing a strategic, comprehensive approach to organizational health. These include:

- Developing a workplace health strategy for your organization (see [Long Term Strategies](#))
- Accessing credible [resources and information](#) related to workplace health
- [Ideas to help you Get Started](#)

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Who is behind healthyworkplaceweek.ca

Managed by three organizations

- ▶ Canadian Centre for Occupational Health & Safety (CCOHS)
- ▶ Health, Work & Wellness Conference Inc.
- ▶ National Quality Institute (NQI)
- Under the direction of the Canadian Healthy Workplace Week Council.



Goals of the website

- **Increase awareness of comprehensive workplace health in Canada**
- **Build awareness of workplace health research and how its outcomes apply to business productivity**
- **Through healthyworkplaceweek.ca generate awareness and use of the healthy workplace tools and resources available to Canadian organizations**
- **Increase the number of healthy workplaces in Canada**



Getting Started

Make us your year-round resource for Workplace Health

healthyworkplaceweek.ca

October 22-28, 2007

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- Healthy Workplace All-Year
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 - Getting Started**
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Getting Started

Ideas to Help You Get Started

If you and/or your organization are just learning about workplace health, there are many ideas on this site to help you get going, and links to other sites that may also be useful for you.

- [Check out Canada's Healthy Workplace Criteria](#)
- [Build a Foundation for a Healthy Workplace Through Leadership Strategies](#)
- [Develop a Healthy Workplace Plan for Your Organization](#)
- [Nurture Your Greatest Asset - Your People!](#)
- [Measure Outcomes](#)
- [Attend the Annual Health, Work & Wellness Conference](#)
- [Celebrate Canada's Healthy Workplace Week in your Organization](#)
- [Explore the Benefits of Creating and Sustaining a Healthy Workplace](#)

1. Check out Canada's Healthy Workplace Criteria

The National Quality Institute, with assistance from the Canadian Healthy Workplace Council and Health Canada, developed the [Canada's Healthy Workplace Criteria](#) that provides some excellent guidelines for creating an organizational health plan.

Need a little more help? The **Framework for the Development of a Healthy Workplace** can assist in these guidelines in much more detail. Check out



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RESOURCE WELL

Use the Resource Well to find the information you need for a successful Healthy Workplace Week and beyond!

KEY RESOURCES:

-  [Canadian Health Network Workplace Health Centre](#)
- Canadian Centre for Occupational Health and Safety www.ccohs.ca
- National Quality Institute www.nqi.ca

- [About Resource Well](#)
- [Browse Resources by Topic](#)
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Resources by Topic

- Active Living
- Business Case
- Case Studies
- Disability Management
- Journals / Newsletters/
Publications
- Health Care (General)
- Healthy Eating
- Occupational Health &
Safety
- Pandemic Preparedness
- Smoking & the Workplace
- Substance Abuse
- Violence Prevention
- Work-Family-Life Issues
- Workplace Health
Promotion Programming
- Workplace Research
- Mental Health



Choose to celebrate!



October 22-28, 2007

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Healthy workplaces... all year round



Deana Papagianis
Canadian Health Network in partnership with CCOHS
www.ccohs.ca

Healthy Living All Year
Webinar Presentation
October 22, 2007

Thank you!

For More Information, Contact:

Deana Papagianis, Health Promoter
Canadian Health Network
in partnership with CCOHS
deanap@ccohs.ca

