

# Information resources for health at work: the Canadian experience

**Author:**

*Norma Gibson-MacDonald, MA MLS*  
Canadian Centre for Occupational Health  
and Safety

[normag@ccohs.ca](mailto:normag@ccohs.ca)



Health info  
for every  
**body**

[www.canadian-health-network.ca](http://www.canadian-health-network.ca)





# **Background**

**Finding reliable and timely health information is critical to all workplace parties.**

**Since 1978, the Canadian Centre for Occupational Health and Safety (CCOHS) has provided unbiased, relevant information and advice that supports responsible decision-making and promotes safe and healthy working environments.**

**CCOHS is governed by a tripartite council of governors representing three key stakeholder groups: government (federal, provincial and territorial), employers and workers – a structure that mandates the CCOHS' impartial approach to information dissemination.**



© CCOHS: Canada's National Centre for Occupatio...

Back Forward Stop Refresh Home AutoFill Print Mail

Address: http://www.ccohs.ca/

Live Home Page Apple Apple Support Apple Store .Mac Mac OS X Microsoft MacTopia Office for Macintosh MSN

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

[Français](#)
[Contact Us](#)
[Help](#)


[Canada Site](#)

[Web Info Service](#)
[Products & Services](#)
[OSH Answers](#)
[Education](#)

[Home](#)
[About Us](#)
[E-News](#)
[OSH Events](#)
[Resources](#)
[Shop@CCOHS](#)

Canada's National Occupational Health & Safety Resource

CCOHS promotes a safe and healthy working environment by providing information and advice about occupational health and safety.

**Web Info Service**

Online access to CCOHS data collections including [MSDS plus CHEMINFO](#), [CHEMpendium™](#), [RTECS®](#), [OSH References](#), [Canadian enviroOSH Legislation](#) plus [Standards](#), [Additional Resources](#).

[Academic Support Program](#)

**Subscriber Extras!**

Being a Subscriber has many benefits including Liaison, Featured Products, Search Tips, Opinion Polls... *plus much more!* Be sure to visit [Subscriber Extras!](#) and see how you can benefit by becoming a subscriber.

**Products and Services**

**OSH Answers**  
Answers to your questions about Health and Safety

**Read more about:**

**Web Information Service**  
[MSDS plus CHEMINFO](#)  
[CHEMpendium™](#)  
[RTECS®](#)  
[OSH References](#)  
[Canadian enviroOSH Legislation](#)  
[Academic Support Program](#)  
[Print Publications](#)

**View all by:**  
[Subject Groupings](#)  
[Alphabetical List](#)

**Biological Hazards**  
[Chemical and Materials](#)  
[Diseases, Disorders and Injuries](#)  
[Ergonomics / Human Factors](#)  
[Health and Safety Programs](#)  
[Information Resources/ Referrals](#)  
[Legislation](#)  
[Occupations and Workplaces](#)  
[Physical Agents](#)  
[Prevention/Control of Hazards](#)  
[Psychosocial Issues](#)  
[Safety](#)  
[Workplace Schedules](#)

**Headlines** [Archive](#)

**Health and Safety Report- New and Improved**  
CCOHS' e-newsletter has been improved and revitalized to incorporate features and suggestions from our subscribers.

**CCOHS Renewed As Canadian Health Network (CHN) Workplace Health Partner**  
Health Canada renewed CCOHS' mandate to be the CHN workplace health affiliate.

**Week**  
CHWW is Oct 25-31, 2004. Limited number of resource kits are available

**New Guide Helps Workplaces**

**Affiliated Web Sites**

[CanOSH](#)  
[Canada-EU Collaboration](#)  
[CIS Centres Network](#)  
[NAOSH Week](#)  
[Canadian Health Network](#)  
[ILO Encyclopaedia](#)  
[IPCS INCHEM Web Site](#)  
[IPCS INTOX Project](#)  
[JobSafeCanada](#)  
[OSH For Everyone](#)  
[Ontario](#)  
[Northwest Territories/Nunavut](#)  
[Worksafe Saskatchewan](#)

**Client Services**

**Inquiries Service**

**Webmaster**

Important Notices and Disclaimers ©CCOHS, 2004

Answering your questions about our products and services

Answering your workplace health and safety questions

Accepting questions and comments about this website

[www.ccohs.ca](http://www.ccohs.ca)



# **CCOHS serves workers, employers, and governments across Canada**

- shop-floor workers with concerns about their safety at work
- members of health and safety committees
- worker safety representatives supervisors and managers
- health intermediaries
- regulatory and technical specialists in OH&S
- government labour inspectors
- faculty and students at Canadian colleges and universities.

**New and young workers are a particular focus.**



**CCOHS fulfills its mandate through a wide range of products and services designed in cooperation with national and international workplace health and safety organizations with an emphasis on preventing illnesses, injuries and fatalities.**

**CCOHS provides a variety of both public service initiatives at no charge to the user, such as the web-based **OSH Answers**, the person-to-person Inquiries Service, electronic newsletters, and public presentations.**

**Services for specialty resources provided on a cost recovery basis include database subscriptions, manuals and training programs. Information is available in paper copy, Internet, Intranet, CD-ROM and DVD formats.**



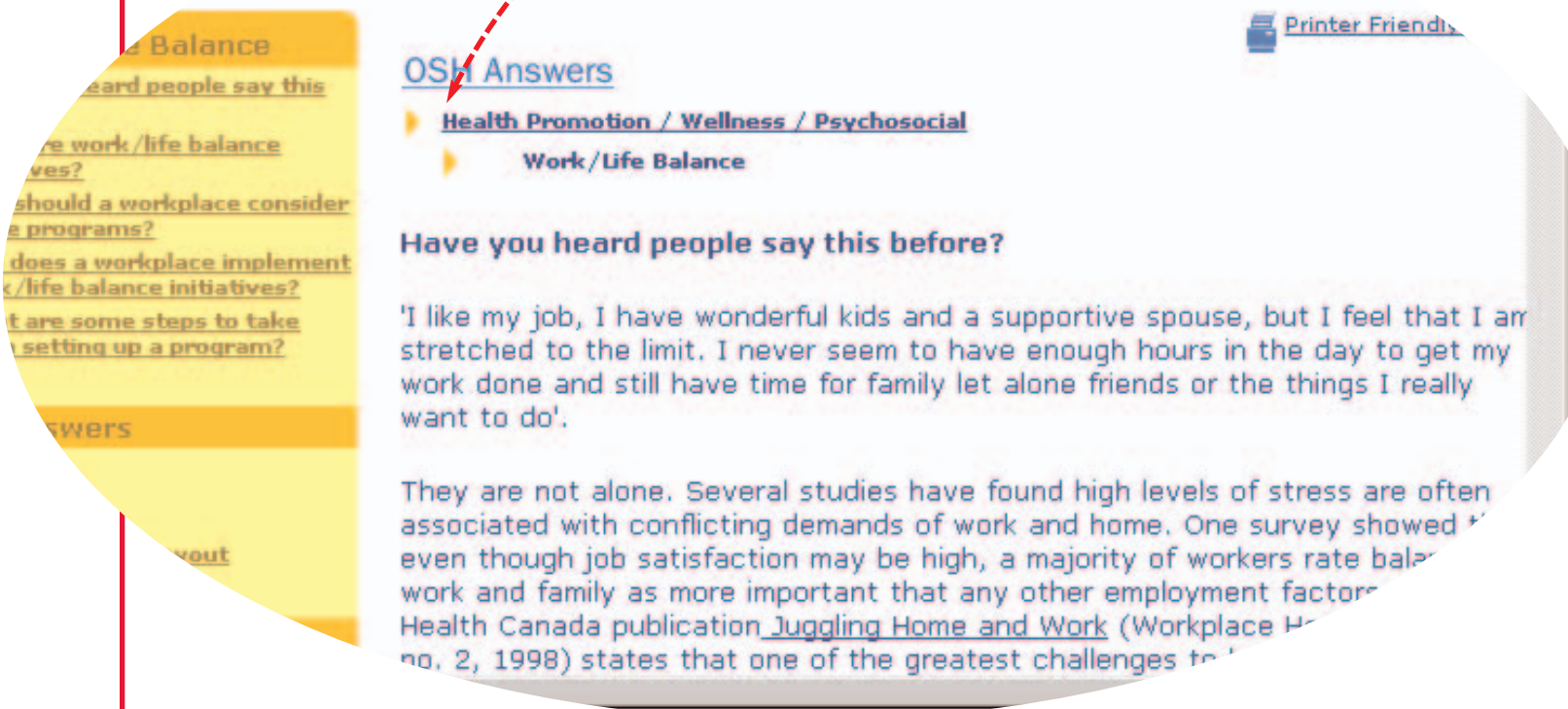
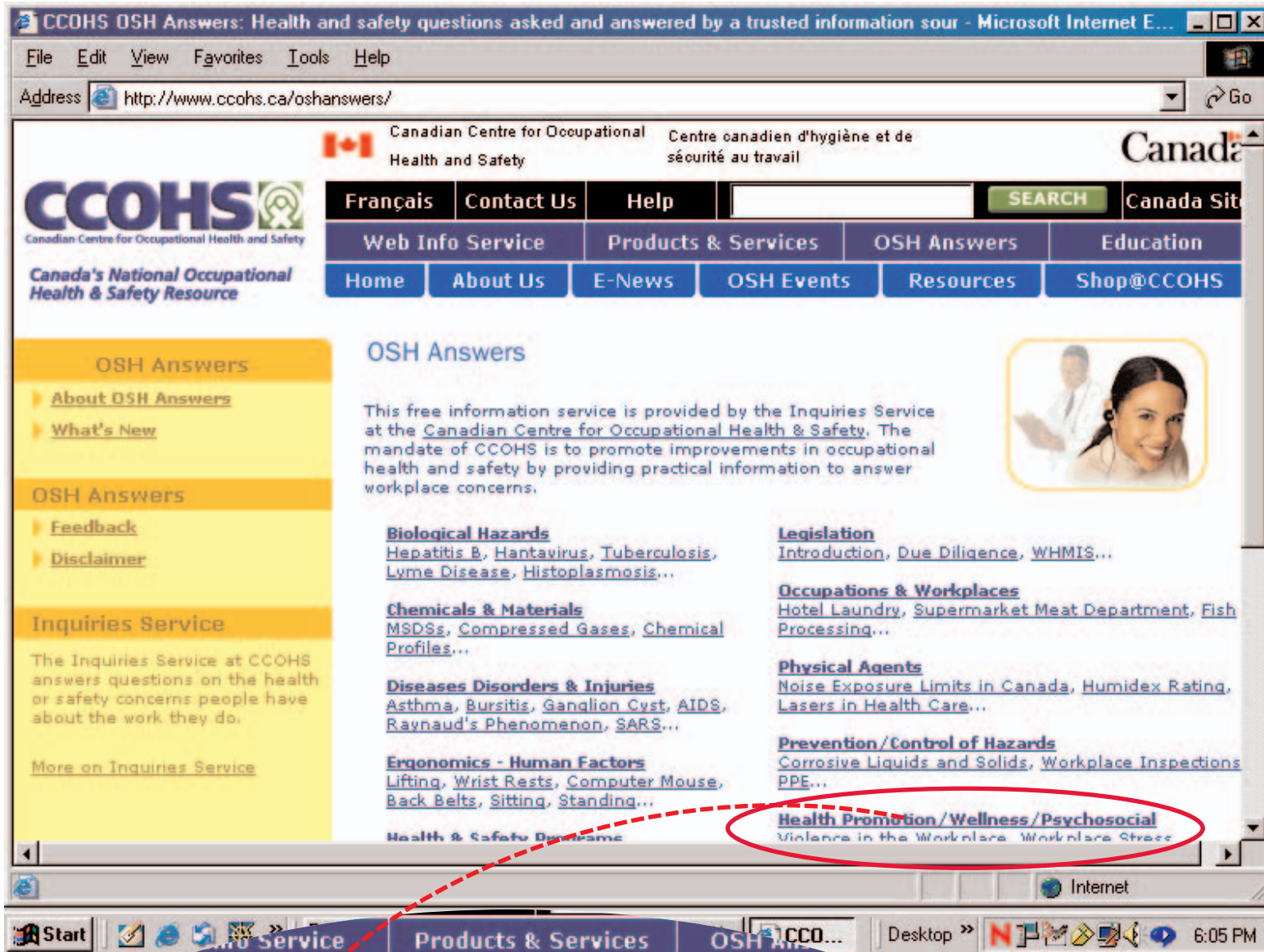


## **OSH Answers**

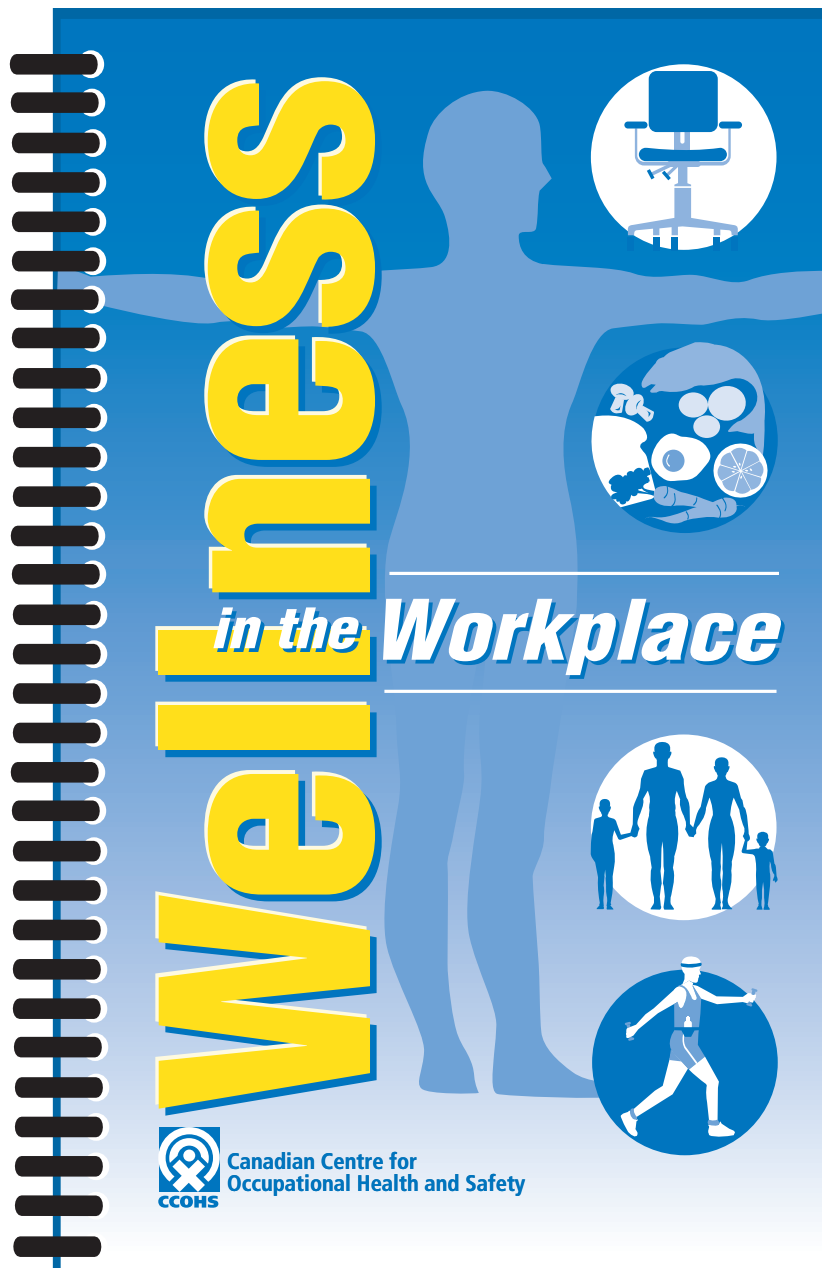
**OSH Answers is a free, trilingual (English, French, Spanish) service. Information based on questions asked of the CCOHS Inquiries Service is prepared for the web and written in a practical question and answer format. Users can browse almost 1200 web documents by topic or use a keyword search engine.**

**In 2003-2004 more than a million individuals accessed question and answer documents over 3.7 million times via OSH Answers.**

**These documents are very popular, non-technical tools to assist in improving the workplace environment.**



The CCOHS “Wellness in the Workplace” guide provides practical steps and program suggestions for workplace health and wellness programs.

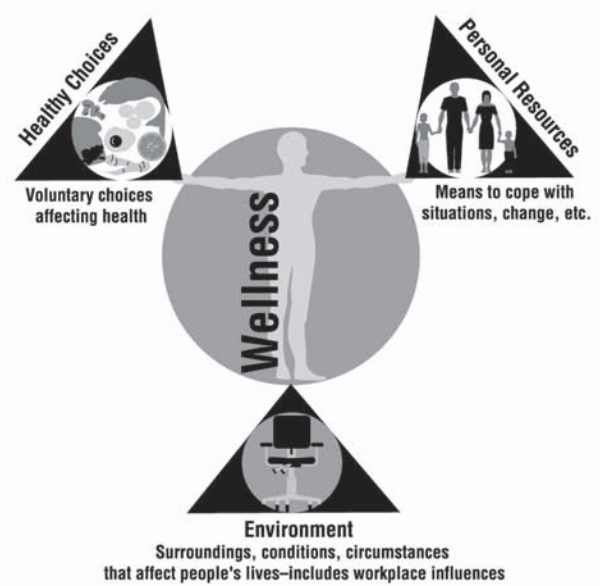


### Summary

Most of us spend a lot of time at work. And, whether we like to admit it or not, work can have a great impact on our health and general well being – for better or for worse.

This book contains resources and information about balancing work and life, safety, ergonomics, healthy eating, active living, conflict resolution and other workplace health promotion and wellness programs.

A comprehensive approach to workplace health and wellness involves programs and policies that address the complete working environment. The influences on the health of employees are wide and varied – as are the options for helping maintain or improve the wellness of individuals or groups.



Adapted from: Health Canada, 2001 “Getting Started and Managing Active Living at Work Strategies”





**CCOHS defines “workplace health” as a comprehensive and integrated approach to health focusing on both the general population at a workplace and the organization as a whole. Workplace health addresses a broad range of health issues (including physical and psychosocial), environment, health practices and personal resources.**

**CCOHS bridges the gap between traditional occupational health and safety practitioners and those who see the workplace as a public health setting. There is a place for both, integrated, in the workplace as each has the mandate to help improve and protect the health of people.**

**In short, the workplace is not only a determinant of health but also a place to practice health promotion.**



# **CCOHS EXPANDS ITS REACH**

**CCOHS supports this growing synergy through its involvement in the Canadian Health Network (CHN), a national, non-commercial, bilingual web-based service providing health promotion and prevention information to Canadians on a wide variety of health topics through a single portal.**

**CHN is a collaboration among major health organizations across Canada, including the Public Health Agency of Canada, providing access to quality-assured e-health information through the CHN web site:**

**[www.canadian-health-network.ca](http://www.canadian-health-network.ca)**



**Underlying values respect diversity, inclusiveness, and a desire for high standards of ethics and integrity. A basic operating premise holds that CHN maintains quality, credible, and practical health information for the public good.**

**This unique collaboration has become one of the most dynamic and comprehensive information networks anywhere in the world.**



**CCOHS and CHN are able to provide users with easy access to the best workplace health information available anywhere – information that everyone can use to help stay healthy at work**

**CHN includes over 17,000 resources from over 1000 Canadian information providers. It covers 7 population groups and 20 health topics.**

**Information includes:**

- **Healthy eating**
- **Preventing injuries**
- **Physical activity**
- **Substance abuse**
- **Heart health**
- **Workplace health**

**and much more .....**





October 20, 2004

Search

### Health Centres

Groups & Topics

#### Groups

- ▶ [Children](#)
- ▶ [Youth](#)
- ▶ [Seniors](#)
- ▶ [Aboriginal Peoples](#)
- ▶ [Women](#)
- ▶ [Men](#)
- ▶ [Living with Disabilities](#)

#### Topics

##### Healthy Living

- ▶ [Active Living](#)
- ▶ [Complementary and Alternative Health](#)
- ▶ [Determinants of Health](#)
- ▶ [Environmental Health](#)
- ▶ [Health Promotion](#)
- ▶ [Health System](#)
- ▶ [Healthy Eating](#)
- ▶ [Injury Prevention](#)
- ▶ [Mental Health](#)
- ▶ [Relationships](#)
- ▶ [Sexuality / Reproductive Health](#)
- ▶ [Substance Use / Addictions](#)
- ▶ [Tobacco](#)
- ▶ [Violence Prevention](#)
- ▶ [Workplace Health](#)

##### Disease Prevention

- ▶ [Cancer](#)
- ▶ [Cardiovascular Diseases](#)
- ▶ [Diabetes](#)
- ▶ [HIV/AIDS](#)
- ▶ [Respiratory Diseases](#)

### This month...

#### A parent's guide to kids and complementary health



Open communication and safe use are key considerations for parents interested in using complementary and alternative health care for their children... [\[Read more\]](#)

Subscribe to our **Healthlink** newsletter

**Public Health Agency of Canada**

**Healthy bytes**

**Understanding teenagers' sleep habits**

There is more to your adolescent's sleep habits than an anti-social rite of passage... [\[Read more\]](#)

#### Workplace health works!



When an organization puts its people first, there are benefits for all people who work at the company, and for the organization itself... [\[Read more\]](#)

#### Coming next...

- ☑ [What you can do to prevent diabetes](#)
- ☑ [Preventing the silent disease -- Chronic Obstructive Pulmonary Disease \(COPD\) on the rise in women](#)

#### ▶ Past articles

### Highlights

#### ✔ Health events highlights

##### October 2004

- ☑ [Breast Cancer Awareness Month](#)
- ☑ [National Child Abuse and Neglect Prevention Month](#)
- ☑ [World Food Day](#)
- ☑ [National School Safety Week](#)
- ☑ [National Massage Therapy Awareness Week](#)
- ☑ [Canada's Healthy Workplace Week](#)

#### ! Featured resources

- ☑ [A death in the family](#)
- ☑ [Temper tantrums](#)
- ☑ [A safe and happy Halloween for kids](#)

#### ? Frequently asked questions

- ☑ [How do I know that my children's play equipment is safe?](#)
- ☑ [How risky is oral sex?](#)
- ☑ [What certifications do I need to work in the fitness industry?](#)
- ☑ [More FAQs...](#)

#### 👍 Featured contributors

- ☑ [WWF-Canada](#)
- ☑ [Pink Triangle Services](#)
- ☑ [Spinal Cord Injury Sexual Health Resource Site](#)
- ☑ [More contributors...](#)

#### 👂 Health Canada features

- ☑ [Breast Cancer Month](#)
- ☑ [Flu Prevention Month](#)
- ☑ [Mental Health Day](#)
- ☑ [Canada Health Portal](#)





# CCOHS is responsible for the Workplace Health Centre

Home Page Apple Apple Support Apple Store .Mac Mac OS X Microsoft MacTopia Office for Macintosh MSN

**Canadian Health Network**  Health Canada Santé Canada  
Brought to you by Health Canada and major health organizations across the country.

Health info for every body 

A-Z Index Search Site Map About the Network Contact Us Help **FRANÇAIS**

Search

Home > Workplace Health

## Workplace Health

Work can greatly affect our health and well-being. Everyone needs information on how to work safely, manage stress, prevent injuries, balance work and family, promote workplace wellness... and much more.

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

[Workplace health works!](#)  
[Mysteries of the office solved](#)  
[Getting a good start in the workplace](#)  
[Safe, Healthy & Happy Workplaces](#)  
[OSH answers](#)

**FAQs**  
 Answers to frequently asked questions about workplace health.

**Search**

**Search "Workplace Health"**

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

**Search entire site**

- [Keyword Search](#)  **GO**
- [A-Z index](#)

**Selections of...**

- [Key Canadian resources](#)
- [Key International resources](#)

**Affiliate organization(s)**

  
 Canadian Centre for Occupational Health and Safety

**Groups**

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

**Topics**

**Healthy Living**

- [Active Living](#)
- [Complementary and Alternative Health](#)
- [Determinants of Health](#)
- [Environmental Health](#)
- [Health Promotion](#)
- [Health System](#)
- [Healthy Eating](#)
- [Injury Prevention](#)
- [Mental Health](#)
- [Relationships](#)
- [Sexuality / Reproductive Health](#)
- [Substance Use / Addictions](#)
- [Tobacco](#)
- [Violence Prevention](#)
- [Workplace Health](#)

**Disease Prevention**

- [Cancer](#)
- [Cardiovascular Diseases](#)
- [Diabetes](#)
- [HIV/AIDS](#)
- [Respiratory Diseases](#)



## **The workplace health collection aims to:**

- **Be comprehensive and well-balanced to serve the wide-ranging information needs of our various audience groups**
- **Improve access to quality-assured, reliable and practical workplace health information from organizations across Canada**
- **Be effectively managed throughout its life cycle, ensuring that it is timely, relevant and responsive to users' needs.**



The main target audience groups for the Workplace Health collection are:

***Canadian consumers:***

- **Canadian workers and their families:**

***Health promotion intermediaries:***

- **Workplace health and safety practitioners (e.g. occupational health nurses)**
- **Workplace health promotion practitioners (e.g. health promotion specialists working in public health departments)**
- **Health and safety committees**
- **Human resources professionals**
- **Librarians**





# **Audience Information Needs (1)**

## *Canadian consumers*

**This general category of users typically needs:**

- **Health and wellness information and advice to support healthy living and lifestyle choices, e.g. health promotion and disease prevention information, tips, and tools such as guide books**
- **Workplace health and safety information which will allow them to improve prevention of illness and injury, increase their understanding of workplace hazards and psychosocial concerns, assist them in knowing their rights, etc.**



# **Audience Information Needs (2)**

## *Health promotion intermediaries*

Workplace intermediaries pass information on to workers and their families. These users often are in search of:

- **Guidance related to developing, implementing, managing, maintaining, and evaluating healthy workplace initiatives including information about developing the business case. Also covered are such topics as workplace health promotion models, needs assessment tools, surveys, program development templates, sample programs, guidelines for policy development, sample policies, activities, and case studies.**



# **Audience Information Needs (3)**

- **Research supporting or evaluating health workplace initiatives. Relevant types of information include program evaluation studies, effectiveness reviews, surveys, and trend data. Also important are social policies related to workplaces that help intermediaries understand the importance of workplace health promotion in the broader context.**
- **Health and wellness information that can be used or distributed in employee programs. This includes materials in a variety of formats and include items written in plain language or relying heavily on graphics to convey messages.**
- **Occupational health and safety information, including governing legislation.**



## **Literacy**

**Another goal is the need to provide the right type of information to address the needs of different users. Workplace health information may be delivered directly to workers or made available through health intermediaries. To help Canadians make healthy decisions for themselves, CCOHS collects materials at a variety of reading comprehension levels and languages. For individuals who may be marginalized because of literacy challenges, CCOHS includes information useful to health promoters working with these individuals and groups.**





# **The CHN links workplaces and health promotion**

Through the CHN, workplace health is put in the context of many different topics including everything from “Active Living” to “Healthy Eating” to “Violence Prevention” and groups such as “Youth”, “Women” and “People Living with Disabilities”.

CHN gives CCOHS another way to reach Canadian workers, particularly those in small and medium workplaces.

The collaboration with the CHN is truly an example of how to promote healthy working and healthy living, by providing information and tools.



# **Canada's Healthy Workplace Week**

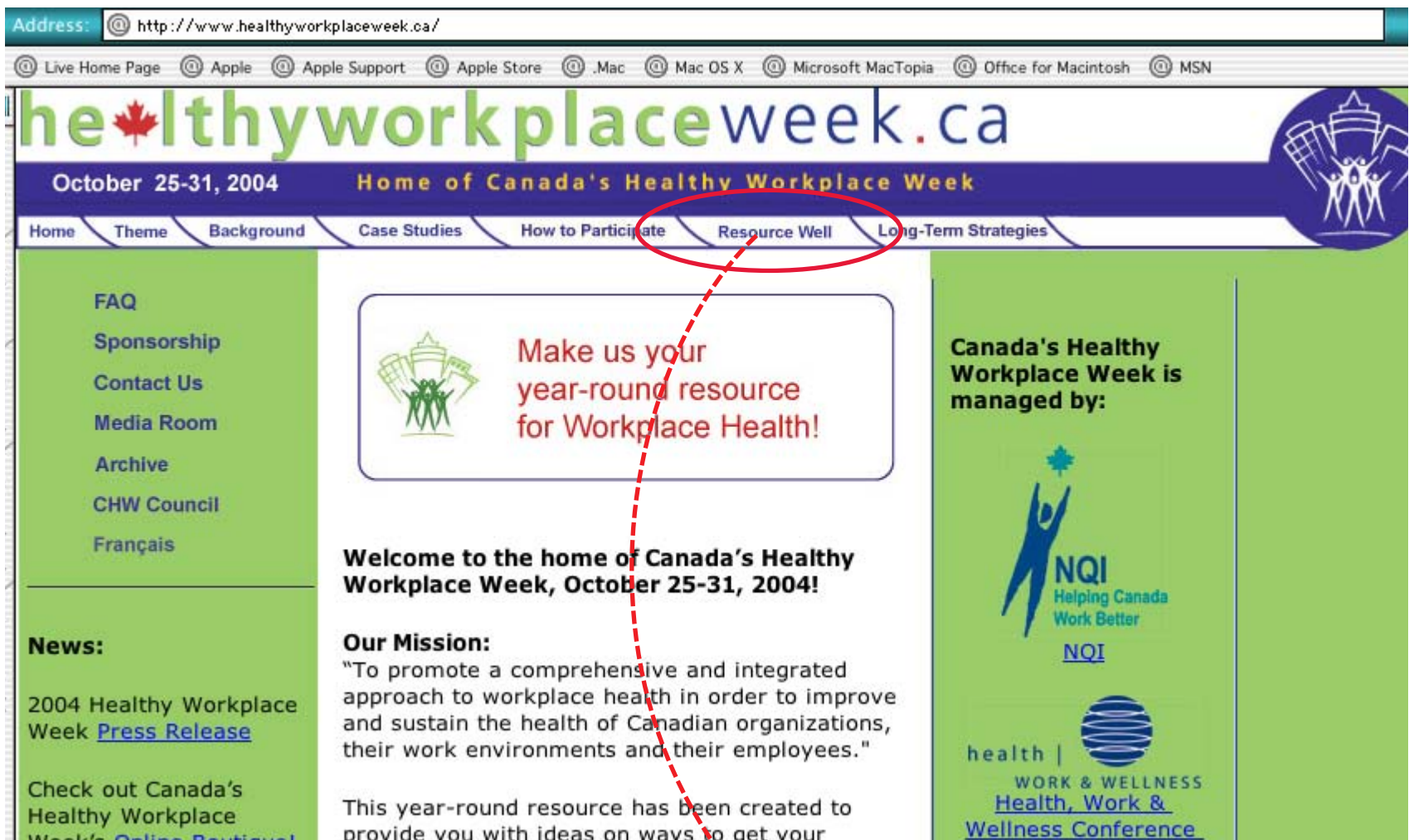
**CCOHS also promotes comprehensive workplace health through its involvement in Healthy Workplace Week which promotes fostering a workplace culture of trust and respect where people are happy and healthy at work.**

**The web site for Canada's Healthy Workplace Week provides short-term practical tools and ideas for organizations to participate in the Week, as well as long-term strategies and case studies to encourage companies to embrace a comprehensive and integrated approach to organizational health.**

**[www.healthyworkplaceweek.ca](http://www.healthyworkplaceweek.ca)**



The "Resource Well" features web-based resources for on-going information on healthy workplaces.





# **Selected References/ Resources**

Bachmann, K., 2000. "More Than Just Hard Hats and Safety Boots: Creating Healthier Work Environments". Canada: The Conference Board of Canada  
<http://www.conferenceboard.ca/Health/reports.htm>

Canadian Council on Integrated Healthcare. 2002. "A discussion paper on workplace health." [http://www.ccih.ca/docs/CCIH%20%20DiscussionPaper on WorkplaceHealth LastVersion.pdf](http://www.ccih.ca/docs/CCIH%20%20DiscussionPaper%20on%20WorkplaceHealth%20LastVersion.pdf)

Canadian Labour and Business Centre. 2002. "Twelve Case Studies on Innovative Workplace Health Initiatives". Ottawa: Canadian Labour and Business Centre.  
[http://www.clbc.ca/files/Reports/summary\\_of\\_key\\_conclusions-final-e.pdf](http://www.clbc.ca/files/Reports/summary_of_key_conclusions-final-e.pdf)

Eakin, J., 1999. "Public Health and Workplace Health Promotion." Public Health and Epidemiology Report Ontario (PHERO). Volume 10, Number 5.

European Network for Workplace Health Promotion. 1998. "Luxembourg Declaration." [http://www.enwhp.org/download/luxembourg\\_declaration.pdf](http://www.enwhp.org/download/luxembourg_declaration.pdf)

Health Canada Workplace Health Strategies Bureau  
<http://www.hc-sc.gc.ca/hecs-sesc/workplace/index.htm>

National Quality Institute <http://www.nqi.ca> . "Canadian Healthy Workplace Criteria"

The Health Communication Unit, Centre for Health Promotion, University of Toronto. Workplace Health Promotion Resources (Bibliographic database).  
<http://ccinfoweb.ccohs.ca/workplacehealth/search.html>