

Discovering Workplace Health Resources on the Web

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(CCOHS)**

www.ccohs.ca

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

What we'll look at...

1. The Internet challenge
2. Who needs the information?
3. Topics you may look for
4. Sources of information
5. Tour of reliable websites!
 - Canadian
 - International
6. Discussion groups, social media
7. Evaluating what you find

Share your favourite workplace health and wellness websites!

Suffering from Information Overload?



Infotree
world wide web
e-books
newspapers
e-journals
magazines
reference books
books
CD-ROMs
Alice
encyclopedias

So how do you find this information?

- Google?
- Well yes, but searching for “Workplace health” produces over *953,000* hits
- Restricting your search to pages from Canada reduces this to *118,000* hits

The Challenge?

Finding useful and reliable
information that you can trust

... and finding it fast!

Who needs workplace health info?

Organizations:

- “How-to” info e.g. business case, assessment tools, surveys, sample programs and policies, case studies
- Research supporting or evaluating workplace health initiatives e.g. effectiveness studies, survey and trend data
- Health & wellness info to use in employee health programs

Who needs workplace health info?

Workers:

- Health and wellness info and advice to support healthy living, e.g. health promotion and disease prevention info, tips and resources
- For example, how to add active living into the work day; how to reduce stress, etc.

Topics you may look for...

Healthy Living at Work:

- *Active living/fitness; Healthy eating/nutrition; Mental health; Substance use/ addictions, etc.*

Work-Family-Life Issues:

- *Work-life balance; Flexible work arrangements; Retirement (workforce transition), etc.*

Organizational Culture Issues:

- *Violence prevention; Job design, etc.*

Health & Safety:

- *Hazards; Ergonomics; Young workers, etc.*

Sources of Information

- Internet search engines
 - Google & features
- Subject and H&S Directories
 - Google Directory
 - http://www.google.com/Top/Health/Occupational_Health_and_Safety/
 - Open Directory project
 - <http://www.dmoz.org/>
 - **CCOHS' OSH Links**
 - <http://www.ccohs.ca/oshlinks/>
- “Reliable” web sites
- E-mail discussion groups, blogs, social media

e.g. Open Directory – H&S

The screenshot shows the Open Directory Project (Dmoz) website. At the top, there is a green header with the Dmoz logo and the text "open directory project". To the right, it says "In partnership with AOL Search." Below the header is a search bar with a "Search" button and a dropdown menu set to "the entire directory".

The main content area is titled "Top: **Health: Occupational Health and Safety** (431)". To the right of this title is a "Description" link. Below the title, there is a list of sub-categories:

- [By Region](#) (0)
- [Colleges and Universities](#) (14)
- [Commercial Courses@](#) (62)
- [Consultants](#) (111)
- [Government Agencies](#) (121)
- [MSDS](#) (12)
- [Occupational Medicine@](#) (16)
- [OHS Management Systems](#) (3)
- [Organizations](#) (26)
- [Protective Clothing@](#) (19)
- [Publications](#) (33)
- [Shopping@](#) (82)
- [Software@](#) (75)
- [AIDS in the Workplace@](#) (9)
- [Alcohol and Drug Detection@](#) (90)
- [Bloodborne Pathogens](#) (6)
- [Emergency Management@](#) (201)
- [Employee Injury Prevention@](#) (39)
- [Ergonomics](#) (50)
- [Hazardous Substances](#) (33)
- [Indoor Air Quality@](#) (137)
- [Lasers](#) (6)
- [Occupational Hygiene](#) (5)
- [Radiological Health and Health Physics@](#) (63)
- [Violence Issues@](#) (26)

Below the list, it says "See also:" followed by a list of related categories:

- [Business: Environment](#) (1,779)
- [Business: Human Resources: Training and Safety](#) (99)
- [Science: Environment: Environmental Health](#) (278)
- [Science: Technology: Safety Engineering](#) (143)

Then it says "This category in other languages:" followed by a list of language-specific categories:

- [Chinese Simplified](#) (20)
- [Danish](#) (50)
- [Dutch](#) (94)
- [French](#) (96)
- [Japanese](#) (14)
- [Spanish](#) (14)

At the bottom, there is a list of links to related resources:

- [All About OSHA](#) - Workplace safety management resources for small business, construction and general industry. A complete and organized approach to OSHA safety management. (Paperworks)
- [Central Management Systems](#) - Health and safety documents for schools
- [ESPI](#) - Data sheets on impure and pure metals. Alphabetical by name of metal in Adobe Acrobat format.
- [GTE Developments](#) - For manufacturers who need to determine what hazards are associated with their products and then produce safety data sheets. Product details. UK company.
- [Mendian Engineering & Technology, Inc.](#) - Provides reference data sheets on numerous subjects and the health and safety concerns associated with them.
- [Osha Defense League](#) - Provides information and sources for regulator compliance, health, safety and human resources. Includes training, news, plans, guides and links.
- [Safety Info Com](#) - A source for free safety information for business and industry. Coverage of all aspects of safety in many different industries. Includes many links to other safety resources. [US Bias]
- [SafetyPages](#) - A category guide to various safety internet websites.
- [St. James Infirmary](#) - Offers medical and social services for female, transgendered, and male sex workers. Site includes description of programs and resources, a research section, and a health guide in PDF format.
- [WCB Workplace Health and Safety Centre](#) - An online resource for injury prevention information from the WCB, and workplace health and safety resources across the Web.

http://www.dmoz.org/Health/Occupational_Health_and_Safety/

CCOHS' OSH Links

The screenshot shows a web browser window with the URL <http://www.ccohs.ca/oshlinks/>. The page header includes the Canadian Centre for Occupational Health and Safety logo and the text "Centre canadien d'hygiène et de sécurité au travail". The main navigation bar contains links for "Français", "Home", "Contact Us", "Help", "Search", and "canada.gc.ca". A sidebar on the left lists various resources, with "OSH Links" highlighted. The main content area features a large blue banner with the text "> OSH Links" and a description: "OSH Links (formerly known as the Internet Directory) is an extensive resource that can be used to find websites covering occupational health and safety subjects. [More about...]" Below this, there are four interactive tiles: "by Subject" (showing a person lifting weights), "by Region" (showing a person at a desk with a Canadian flag), "by Industry" (showing an industrial structure), and "by Resource Type" (showing people working together). The footer includes social media icons for Twitter, Facebook, and RSS.

<http://www.ccohs.ca/oshlinks/>

e.g. by Subject

The screenshot shows the CCOHS website interface. At the top, there are logos for the Canadian Centre for Occupational Health and Safety and the Government of Canada. The main navigation bar includes links for Français, Home, Contact Us, Help, Search, and canada.gc.ca. A breadcrumb trail reads: Home > Free Resources > OSH Links > OSH Links by Subject. A left sidebar menu lists various site sections like About CCOHS, Newsroom, Membership Program, etc. The main content area is titled '> OSH Links by Subject' and features a tabbed interface with 'by Subject' selected. Under this tab, there are four resource entries: 'Return to work' (with sub-links for Australian Safety and Compensation Council, BackCare, Institute for Work and Health, and Liberty Mutual Research Institute for Safety), and 'Office of the Employer Advisor: Prince Edward Island'.

Canadian Centre for Occupational Health and Safety
www.ccohs.ca

Franglais Home Contact Us Help Search canada.gc.ca

Home > Free Resources > OSH Links > OSH Links by Subject

CCOHS

- About CCOHS
- Newsroom
- Membership Program
- Products & Services
- Education & Training
- Web Information Service
- OSH Answers
- Free Resources

OSH Links

- About OSH Links
- By Subject
- By Region
- By Industry
- By Resource Type
- What's New
- Suggest a Resource

Newsletters

Key Topics

Events

Inquiries & Client Services

Proactive Disclosure

Follow CCOHS on:

Twitter Facebook RSS

> OSH Links by Subject

by Subject by Region by Industry by Resource Type

Return to work

Australian Safety and Compensation Council
Through a partnership of government, unions and industry the ASCC leads and coordinates national efforts to: prevent workplace death, injury and disease; improve workers' compensation arrangements, and; improve the rehabilitation and return to work of injured workers.

BackCare (Formerly National Back Pain Association)
An independent national United Kingdom based charity that helps people manage and prevent back pain.

Institute for Work and Health
Researches and promotes ways to prevent workplace disability, improved treatment, optimal recovery and safe return-to-work. Dedicated to research and the transfer of research results into practice in health care, clinical settings, and the workplace.
Source: Institute for Work and Health (IWH)

Liberty Mutual Research Institute for Safety
The only occupational health and safety research facility owned and operated by an insurance company. They conduct research in the following areas: injury research; physical work; return to work; slips, trips, and falls.

Office of the Employer Advisor: Prince Edward Island
The Office of the Employer Advisor assists PEI employers and employer associations with the statutory interpretation; application; and administration of the Workers Compensation Act and the Occupational Health and Safety Act, as well as the Workers

<http://www.ccohs.ca/oshlinks/subject/returntowork.html>

Web Site Tour ...



Some key Canadian sites to start with...

- CCOHS – Advancing Healthy Workplaces, OSH Answers
- Jobquality.ca
- Health Canada
- Ontario Healthy Workplace Coalition (OHWC)
- Canada's Healthy Workplace Month

Advancing Healthy Workplaces



Canadian Centre for Occupational Health and Safety

Centre canadien d'hygiène et de sécurité au travail



[Français](#)

[Home](#)

[Contact Us](#)

[Help](#)

[Search](#)

[canada.gc.ca](#)

[Home > Free Resources](#)

CCOHS

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Healthy Workplaces

[Employers](#)

[Employees](#)

[Practitioners](#)

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[Topics](#)

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[News Stand](#)

[Newsletters](#)

[Key Topics](#)

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Advancing Healthy Workplaces



There is a strong connection between the health and well being of people and their work environments. When people feel valued, respected and satisfied in their jobs and work in safe, healthy environments, they are more likely to be more productive and committed to their work. When the workplace is unsafe, stressful or unhealthy, ultimately both the organization and the employees are hurt. Everyone can benefit from a healthy workplace.

Healthy Employees + Healthy Organization = Healthy Workplaces

The goal of this website is to make information, tools and resources easily available that will help employees, employers and practitioners participate in making their workplaces healthy and safe.

Bringing Health to Work... helping all to thrive and benefit - employees, employers, families, communities and governments.

Date Modified: 2010-03-18

[Top of Page](#)

[Important Notices](#)

[Twitter](#)

[Facebook](#)

[RSS](#)

<http://www.ccohs.ca/healthyworkplaces/>

- CCOHS**
- About CCOHS
- Newsroom
- Membership Program
- Products & Services
- Education & Training
- Web Information Service
- OSH Answers
- Free Resources

Advancing Healthy Workplaces



> Employers

As employers, you play a key role to play in creating a healthy workplace for you and your employees. This includes:

- Providing a safe and healthy physical work environment to prevent occupational diseases, accidents and injuries;
- Embracing work organization principles that prevent ill-health and stress and provides a balance between job demands and control over the work;
- Supporting healthy lifestyles and encouraging personal development;
- Promoting active participation by all to help improve health and well being at work.

This website is designed to provide the information, tools and resources you need to develop a workplace health strategy for your organization. A healthy workplace - the combination of individual practices and organizational factors - translates into a motivated and satisfied workforce, with reduced absenteeism and improved productivity.

Healthy Employees + Healthy Organization = Healthy Workplaces

- Healthy Workplaces**
- Employers
 - What is Workplace Health and Why is it Important
 - Making the Business Case
 - Tools and Toolkits for Employers
 - Workplace Health Case Studies
- Employees
- Practitioners
- Tools
- Topics
- Keylinks
- News Stand
- Newsletters
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Healthy Workplaces

- Employers
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- Key Topics
- Events
- Inquiries & Client Services

Proactive Disclosure

Follow CCOHS on:



Advancing Healthy Workplaces

> Key Links

This section includes essential Canadian workplace health information such as organizational leaders, major documents and reports, as well as important websites on this topic.

Canadian Centre for Occupational Health and Safety

Promotes a safe and healthy working environment by providing information and advice to all parties about occupational health and safety. Offers Inquiries Service to Canadians on specific health and safety issues in the workplace. Provides access to a wide range of publications, databases, information products and training.

Source: Canadian Centre for Occupational Health and Safety (CCOHS)

Canadian Policy Research Networks

Creates knowledge and leads public debate on social and economic issues important to the well-being of Canadians. Conducts research on family, work, and health, as well as projects on the non-profit sector, the social union, and policy research. Work-related research looks at labour market, workplace change and learning and work.

Source: Canadian Policy Research Networks (CPRN)

Centre for Families, Work and Well-Being

Promotes individual and family well-being, responsive and productive work environments, and strong, sustainable communities through research and education. Web site includes an events calendar and on-line publications.

Source: Centre for Families, Work and Well-being (CFWW)

European Network for Workplace Health Promotion

Provides a European perspective on workplace health promotion. Aims to improve workplace health and well-being and reduce the impact of work related ill health on the European workforce. Web site offers access to a newsletter, discussion forum, and workplace health

CCOHS' OSH Answers



Canadian Centre for Occupational Health and Safety

Centre canadien d'hygiène et de sécurité au travail

Canada

Canadian Centre for Occupational Health and Safety
www.ccohs.ca

français Home Contact Us Help Search canada.gc.ca

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> OSH Answers

A FREE information service provided by the Canadian Centre for Occupational Health & Safety whose mandate it is to promote improvements in occupational health and safety by providing practical information to answer workplace concerns.



[Ask a Question](#)
[Feedback](#)



Occupations & Workplaces

Common health & safety issues, preventive measures, and general safe work practices for a wide variety of workplaces and occupations including:
[Carpenter](#), [Cook](#), [Fire Fighter](#), [Hotel Laundry](#), [Landscape](#), [Painter](#)...



Biological Hazards

[Hepatitis B](#), [Hantavirus](#), [Tuberculosis](#), [Lyme Disease](#), [Histoplasmosis](#)...



Chemicals & Materials

[MSDSs](#), [Compressed Gases](#), [Chemical Profiles](#)...



Diseases, Disorders & Injuries

[Asthma](#), [Bursitis](#), [Ganglion Cyst](#), [AIDS](#), [Raynaud's Phenomenon](#)...



Ergonomics - Human Factors

[Lifting](#), [Wrist Rests](#), [Computer Mouse](#), [Back Belts](#), [Sitting](#), [Standing](#)...



Health & Safety Programs

[Accident Investigation](#), [Health & Safety Committees](#), [OHS Policy Statement](#)...



Legislation

[Introduction](#), [Due Diligence](#), [WHMIS](#)...



Physical Agents

[Noise Exposure Limits in Canada](#), [Humidex Rating](#), [Lasers in Health Care](#)...



Prevention / Control of Hazards

[Corrosive Liquids and Solids](#), [Workplace Inspections](#), [PPE](#)...



Health Promotion / Wellness / Psychosocial

[Violence in the Workplace](#), [Workplace Stress](#)



Safety

[Forklift Trucks](#), [Ladders](#), [Landscaping](#), [Powered Hand Tools](#)...

<http://www.ccohs.ca/oshanswers>



[Home](#) > [OSH Answers](#)

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> Health Promotion / Wellness / Psychosocial



[Ask a Question](#)
 [Feedback](#)

Health Promotion / Wellness / Psychosocial

This section will cover issues dealing with stress and its causes and effects. It includes topics on harassment (sexual, personal, etc.), post-traumatic stress disorder, absenteeism, burn-out, substance and alcohol abuse, workplace violence, workplace health and wellness programs, EAPs (employee assistance programs), prevention programs, etc.

[Active Living At Work](#)

[Aging Workers](#)

[Bullying in the Workplace](#)

[Employee Assistance Programs \(EAP\)](#)

[Environmental Tobacco Smoke \(ETS\): General Information and Health Effects](#)

[Environmental Tobacco Smoke \(ETS\): Workplace Policy](#)

Use the links in the sidebar to access more detailed, workplace-specific information regarding Health Promotion / Wellness / Psychosocial.

Related Products and Services

In addition, the [Products & Services - Psychosocial Issues](#) web page has links to descriptions of other CCOHS products and services including

- bibliographic databases available on CD-ROM and the Internet,
- a publication "Violence in the Workplace",
- a training course for managers and supervisors,
- an OH&S encyclopaedia available on the Internet

that have information dealing with other psychosocial issues like stress, workplace



- CCOHS**
- About CCOHS
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- OSH Answers

- Health Promotion / Wellness / Psychosocial**
- Active Living At Work
- Aging Workers
- Bullying in the Workplace
- Employee Assistance Programs (EAP)
- Environmental Tobacco Smoke (ETS): General Information and Health Effects
- Employee Assistance Programs (EAP)
- Environmental Tobacco Smoke (ETS): General Information and Health Effects
- Environmental Tobacco Smoke (ETS): Workplace Policy
- Exercises for a Healthy Back
- Exercises for a Healthy Back - Advanced
- Extended Workday: Health & Safety Issues
- Fatigue
- Fit to Work
- Flexible Work Arrangements
- Healthy Eating at Work
- Internet Harassment or Cyberbullying

> Sample Workplace Health and Wellness Survey

- [Ask a Question](#)
- [Feedback](#)
- [Printer-friendly](#)

What is an example of a workplace health and wellness survey?

What is an example of a workplace health and wellness survey?

Workplaces often use a survey form to determine interest in the various aspects of a workplace health and wellness program. The following is a sample. Be sure to customize it for your needs at your workplace. See the OSH Answers on "[Workplace Health and Wellness Program - Getting Started](#)" for more information on programs in general.

Sample Workplace Health and Wellness Survey

ABC Company is looking into the need for a workplace health and wellness program. We are interested in learning more about your opinions and interests. Your answers will be used to help plan the program and to decide which types of programs to offer.

Sample Workplace Health and Wellness Survey

ABC Company is looking into the need for a workplace health and wellness program. We are interested in learning more about your opinions and interests. Your answers will be used to help plan the program and to decide which types of programs to offer.

- Senior management has agreed to let everyone take a few minutes to complete this survey.
- Please do not put your name on the form because we would like to keep this survey confidential.
- Please return the forms by putting them in a sealed envelope and placing them in the inter-office mail.

1. Sex:

Male Female

2. Age Group:

under 21 21 - 30 31 - 40

41 - 50 51 - 60 Over 60

3. Do you have any health concerns about yourself, your family, or something arising from the workplace?

Health Canada

The screenshot shows the Health Canada website interface. At the top, there are logos for Health Canada (Canada) and Santé Canada (Canada), along with the Canadian flag. The main header features a red maple leaf and the text "Health Canada www.hc-sc.gc.ca". Below this is a navigation bar with links for "Français", "Home", "Contact Us", "Help", and "Search". The breadcrumb trail reads: "Home > Environmental & Workplace Health > Occupational Health & Safety > Workplace Health".

The main content area is titled "Environmental and Workplace Health" and "Workplace Health". The primary heading is "Healthy workplaces are physical and social environments that support individual and organizational health." Below this, it states: "When health is promoted in the workplace:"

- *Employers* can look forward to less absenteeism, lower turnover rates, and increased productivity and job satisfaction
- *Employees* will experience improved health, reduced work related stress and illness and an improved balance between their work and family obligations.

A red circle highlights a "What's New" box containing the text: "Health Canada's Workplace Health Environmental Scan".

Below the main text is an "In this topic..." section with a list of links: "Workplace Health Strategies", "Workplace Health Resources", "Frequently Asked Questions", and "Additional Resources".

The text continues: "Research suggests that three basic factors impact workplace health:"

Environmental factors include

- Physical conditions of the workplace (noise, indoor air quality, ergonomics,)
- Work schedules (shift work, overtime); and,
- Distribution of responsibilities and relationships between co-workers and supervisors.

Personal resources include

The diagram illustrates the relationship between three factors: Health Practices, Personal Resources, and Environment, all contributing to Wellness. Health Practices and Personal Resources are positioned at the top corners of a triangle, with arrows pointing towards the center. Environment is at the bottom corner, with an arrow pointing up towards the center. The word "Wellness" is written in the center of the triangle.

<http://www.hc-sc.gc.ca/ewh-semt/occup-travail/work-travail/>

Workplace Health

- [Assessing the Costs of Work Stress - Research Report](#) **New**
- [Best Advice on Stress Risk Management in the Workplace - Part 1](#)
- [Best Advice on Stress Risk Management in the Workplace - Part 2](#)
- [Corporate Health Model](#)
- [Corporate Health Model - A Guide To Developing And Implementing The Workplace Health System In Medium And Large Businesses](#)
- [Fairness in Families, Schools and Workplaces: Implications for Healthy Relationships in these Environments](#)
- [The Farm Business Health Model - The Farm Business Health Model](#)
- [The farm business health model - A guide to developing and implementing the workplace health system for farm businesses](#)
- [Hand Sanitizing](#)
- [Health Works Guide](#)
- [Health Works Infosheet](#)
- [Healthy Settings: Canadian Case Studies](#)
- The impact of work-life conflict on Canadian workers
 - [Report Six - Work-Life Conflict in Canada in the New Millennium \(January 2009\)](#) **New**
 - [Executive Summary](#) **New**
 - [Report Five - Reducing Work-Life Conflict: What Works? What Doesn't? \(January 2008\)](#)
 - [Executive Summary](#)
 - [Report Four - Who Is at Risk? Predictors of Work-Life Conflict \(September 2005\)](#)
 - [Report Three - Exploring the Link Between Work-Life Conflict and Demands on Canada's Health Care System \(March 2004\)](#)
 - [Report Two - Work-Life Conflict in Canada in the New Millennium A Status Report \(October 2003\)](#)
 - [Report One - The 2001 National Work-Life Conflict Study \(March 2002\)](#)
- [Proper Handwashing](#)
- [The Small Business Health Model - A Guide to Developing and Implementing the Workplace Health System in Small Business](#)
- [Workplace Health - Discovering the Needs](#)
- [Workplace Health System](#)
- [Workplace Health System: Overview Booklet](#)
- [Workplace Health System - The small business health model](#)

Current Subject

Environmental & Workplace Health

Reports & Publications

Air Quality

Climate Change & Health

Contaminated Sites

Environmental Contaminants

Environmental Health Assessment

Noise

Occupational Health & Safety

Radiation

Water Quality

Explore...

Other Subjects

A-Z Index

Site Map

Just For You

It's Your Health

Advanced Search

Accountability

Proactive Disclosure

Environmental and Workplace Health

 Print |  Text Size: S M L XL Help

Health Works Guide

Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the [alternate format help](#) section.



(PDF Version - 606 K)

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Promoting a healthy workplace.

Whether you're just getting started or you're thinking about how you can improve your business, read on and find out how workplace health promotion can help you to:

- meet your business goals
- contribute to employee health and well-being
- improve the overall quality of the work environment

Jobquality.ca

		<p><i>JobQuality.ca is a one-stop, user-friendly source of information on the quality of jobs in Canada</i></p>		<p>Advanced Search</p>	
<p>Home</p>		<p>About JobQuality.ca</p>		<p>Contact Us</p>	
<p>Site Map</p>		<p>What's New</p>		<p>Français</p>	
<p>Site Resources</p> <p>Job Quality Indicators</p> <p>News Articles and Reports</p> <p>Interviews</p> <p>On-Line Surveys</p> <p>Links</p>		<p>Job Quality Indicators</p> <p>Information on dozens of job quality issues such as work hours, job satisfaction, work-life balance, communication, trust, and many more.</p> <ul style="list-style-type: none"> • Work-life balance • Security • Job Design • Pay and Benefits • Relationships <p>View indicators...</p>		<p>News Articles and Reports</p> <p>Recent news stories on job quality from leading national and international newspapers and research organizations.</p> <ul style="list-style-type: none"> • Updated on July 14, 2009 <p>View news articles...</p>	
<p>Our Sponsors</p> <p>Our current Website sponsors are:</p> <ul style="list-style-type: none"> • Alberta Ministry of Employment and Immigration • Bell Canada • Canadian Labour Congress <p>more...</p>		<p>Interviews</p> <p>Discussions about job quality with leading human resource and labour representatives</p> <ul style="list-style-type: none"> • Staples Business Depot • RBC Financial • Diavik Diamond Mines • Bell Canada Enterprises <p>View interviews...</p>		<p>Spotlight</p> <p>Coming Soon.</p> <p>plus...</p>	
		<p>On-Line Surveys</p> <p>Findings from on-line surveys filled out by JobQuality.ca visitors.</p> <ul style="list-style-type: none"> • What do you value in a job? • How would you rate your working conditions? <p>View on-line surveys...</p>			
<p>JobQuality.ca is managed by Canadian Policy Research Networks (www.cprn.org) © 2009 Canadian Policy Research Networks</p>					

<http://www.jobquality.ca/>

Ontario Healthy Workplace Coalition



Ontario Healthy Workplace Coalition

Supporting comprehensive workplace health in Ontario

Print this page | Font size:

Google Custom Search

Home

Contact Us

About OHWC

Committees

Get Involved!

Upcoming Events

Links

**Interested in Joining
The OHWC?**

[Click here!](#)



Ontario Healthy Workplace Coalition

The Ontario Healthy Workplace Coalition is an independent, not-for-profit body. The purpose of the Coalition is to:

- serve as a unifying structure across the province
- facilitate communication among workplace health stakeholders
- coordinate resources to address duplication and gaps
- promote the importance of using a comprehensive approach to create healthy and safe workplaces in Ontario.

The Coalition is not meant to duplicate any existing group and would only exist to augment the work of any single member or collective. For example, the Coalition aims to work with the provincial Forum on the Advancement of Healthy Workplaces to complement their work.



Workplace
Health
Symposium

'Healthy Minds
Matter: Taking
Action'
Workplace Health
Symposium
March 3-4, 2010

[More](#)

<http://www.ohwc.ca/>



Google Custom Search [Go!]

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Committees

Get Involved!

Upcoming Events

Links

Interested in Joining The OHWC?

Click here!



Links

Pandemic Planning

The Ontario Healthy Workplace Coalition (OHWC) is aware of the possible challenges workplaces might face with the H1N1 influenza virus. Pandemic preparations are an integral part of a comprehensive healthy workplace strategy. To find out more on how to prepare your workplace for a potential flu outbreak check with your local public health unit or visit the following links.

- Ontario Ministry of Labour
- Canadian Centre for Occupational Health & Safety
- Industrial Accident Prevention Association
- Public Health Agency of Canada
- Conference Board of Canada: H1N1 Influenza: Preparing Your Organization for a Pandemic



Contact Us

If you have any questions, please contact the OHWC Secretariat:

T: (416) 255-0666
E: info@ohwc.ca

More

Comprehensive Workplace Health (CWH) Handbook Resources

Canada's Healthy Workplace Month Resource Well

Here you will find workplace health and wellness information in Canada, with links to reliable organizational and personal health and wellness-related websites. You can conveniently access useful articles, posters, fact sheets, research reports, and more, all from the Resource Well.

The Resource Well compiles helpful links in one place to save you time and effort searching elsewhere. With the Resource Well you can:

- Easily navigate resources by major topics
- Identify key workplace health and wellness information sources
- Access a variety of sources including national, provincial and local agencies, and non-profit organizations

OSH Answers

This service covers a wide variety of workplace health topics to promote safe and healthy working environments. The Health Promotion / Wellness / Psychosocial section is particularly useful for information on workplace health programs.

Bringing Health to Work

Visit the topic pages to find workplace health and wellness information in Canada, with links to reliable organizational and personal health and wellness-related websites. You can conveniently access useful articles, posters, fact sheets, research reports, and more, all from Bringing Health to Work.

The topic pages compile helpful links in one place to save you time and effort searching elsewhere.

With Bringing Health to Work you can:

- Easily navigate resources by major topics
- Identify key workplace health and wellness information sources
- Access a variety of sources including national, provincial and local agencies, and non-profit organizations

Public Health Units - Workplace Health Pages

The following health units in Ontario provide workplace resources.

Algoma	Hastings & Prince Edward	Peterborough
Brant	Kingston, Frontenac and Lennox & Addington	Porcupine
Chatham Kent	Lambton	Renfrew County
Durham	Leeds, Grenville, and Lanark	Simcoe Muskoka
Eastern Ontario	Middlesex London	Sudbury
Elgin St. Thomas	Niagara	Thunder Bay
Grey Bruce	North Bay Parry Sound	Timiskaming
Haldimand Norfolk	Northwestern	Toronto
Halliburton Kawartha Pine Ridge	Ottawa	Waterloo
Halton	Peel	Windsor Essex
Hamilton	Perth	York

OSH Links

OSH Links is an extensive resource that can be used to find primarily Canadian websites that cover a wide range of workplace health

Healthy Workplace Month

Managed by:
 National Quality Institute

In collaboration with:
 CCOHS Canadian Centre for Occupational Health and Safety



Activities for HW Month

Week 1

Feeling Great at Work
October 5 - October 11

Week 2

Feeling Great with Family & Friends
October 12 - October 18

Week 3

Feeling Great at Play!
October 19 - October 25

Week 4

Feeling Great Giving Back
October 26 - November 1

Events

Online Boutique

Boutique Items

How to Order

Resources

Resource Well

Marketing Material

Archives

Great-West Life Presents
healthyworkplacemonth
Healthy Mind, Healthy Body, Healthy Work
...Feeling Great about Life!

Canada's Healthy Workplace Month will take place from October 4th to October 31st in 2010. Thank you to all the participating organizations for making Canada's Healthy Workplace Month a success in 2009.

[View the winning teams](#)



October 4 - 31 2010

Please complete our evaluation.



Champion

Benefactor

Industry

<http://www.healthyworkplacemonth.ca/>

Resource Well



In collaboration with:
CCOHS Canadian Centre for Occupational Health and Safety

Great-West Life Presents
healthyworkplacemonth
Healthy workplaces... all year round



Activities for HW Month

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[About the Resource Well](#) | [Browse Resources by Topic](#) | [Key Resources](#)

Browse Resources by Topic

Select a topic from the list below to jump to that section. You can also browse the entire list of resources by scrolling down the page.

Last Updated: September 2009

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

Active Living

Covers topics such as the importance of physical activity to health and physical activity programming for the individual and the workplace.

October 4 - 31 2010

Please complete our evaluation.



Some Key International Sites

- European Network for Workplace Health Promotion
- Sloan Work and Family Research Institute

European Network for Workplace Health Promotion



work. in tune with life.

You are here: [ENWHP](#)

WELCOME

Operating in a highly competitive business environment and with increasing pressure on the labour market, many employers in Europe are becoming aware that they need to implement measures to improve productivity and efficiency while at the same time enhancing the working environment and company culture. Workplace health promotion has been shown to play a major role in achieving these outcomes. The European Network for Workplace Health Promotion (ENWHP) promotes good practice in workplace health promotion and advocates the adoption of such practice in all European workplaces.

NATIONAL FORUMS

The challenge of Workplace Health Promotion for the next decade will be to stimulate sustainable curricula culture wherein health promotion and corporate values are integrated.

Prof. Dr. Gerald Zwolski, TNO Quality of Life, Work & Employment, The Netherlands

European Toolbox - it's not new but it's different

Not only has the ENWHP website got a new look, but also the "European Toolbox" has a new dress. To enhance the usability, the number of selection criteria has been reduced and the user can see at any point how many "tools" there are behind the selected criteria. Many new Models of Good Practice and other supporting materials have been added. [more...](#)

Mental Health at the Workplace - guides for employers and employees

Based on the available literature and examples of good practices collected, three guides were produced to help employers and employees to implement measures to promote good mental health at work and to convince European stakeholders and companies that it is necessary and worthwhile to invest in programmes that help improve employees' mental health. [more...](#)

RSPH Launches New Commissioning Guide for Promoting Health and Well-Being

The Guide will assist commissioners in choosing and fully utilising the best methods of promoting health, as it is written with the latest understanding of how commissioners can support people to make healthy choices as individuals within the social and environmental contexts in which they live. [more...](#)

Employment Week The European Employment Forum
24 - 25 November 2010
www.employmentweek.com

WHP-Training

ProMenPol

PRIMA

The ENWHP

ENWHP Initiatives

Workplace Health Promotion

News & Events

Publications

SEARCH

work in tune with life. move Europe

Join us! Move Europe with us!

EUROPEAN TOOLBOX

ENWHP ROUNDTABLE SERIES

<http://www.enwhp.org/>



work. in tune with life.

You are here: [ENWHP](#) > [Workplace Health Promotion](#) > [Model of Good Practice](#) > [Models of Good Practice \(by Type of Organisation\)](#) > small and medium-sized enterprises

The ENWHP

ENWHP Initiatives

Workplace Health Promotion

The Case for WHP

Quality Criteria

Methods and Tools

Model of Good Practice

Policy

News & Events

Publications

SEARCH

MODELS OF GOOD PRACTICE IN SMALL AND MEDIUM-SIZED ENTERPRISES

Austria

[ASA Waste Sorting Unit Asten \(PDF 0.02 MB\)](#)

[Let's get baking \(PDF 0.06 MB\)](#)

[Loewa Trading Establishment Ltd \(PDF 0.02 MB\)](#)

Denmark

[ICCC A-S \(PDF 0.09 MB\)](#)

[Integrated Workplace Assessment \(PDF 0.04 MB\)](#)

[Occupational Health Services tailored for SMEs \(PDF 0.03 MB\)](#)

Finland

[Helsingin Mylly Oy \(PDF 0.04 MB\)](#)

[Point Product \(PDF 0.03 MB\)](#)

[Yleiselektronikka \(PDF 0.02 MB\)](#)

Germany

[ArGUlment - A regional project on OHS in craft enterprises \(PDF 0.05 MB\)](#)

[Network for SMEs to Prevent Work-Related Health Risks \(PDF 0.04 MB\)](#)

[Workplace Health Management in SMEs \(PDF 0.02 MB\)](#)



Health promotion implementation in settings (including workplaces) of a society in transition is not an easy process with immediate results concerning the individual's health and motivation.



*Prof. Zdravko Zdravkov
National Centre of Public Health Protection, Bulgaria*



WHP-Training

ProMenPol



Sloan Work and Family Research Network

Translate  Google™ Custom Search 
or » search the Literature Database  search tips

 **SLOAN WORK AND FAMILY RESEARCH NETWORK**
BOSTON COLLEGE
» Home

The premier work and family information destination



EXPLORE ▾

- THE NETWORK TRANSITION »
- FIRST TIME VISITORS »
- REFERENCES & RESEARCH »
- TOPIC PAGES »
- TEACHING & TRAINING »
- STATE POLICY »
- WORKPLACE PRACTICE »
- PUBLICATIONS »
- NEWS »
- ABOUT THE NETWORK »

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Site RSS Feed

The Network News

» [Free Subscription](#) | » [Archives](#)



NEW POLICY BRIEF ON
Marital Status Discrimination

As workplaces become more “family-friendly,” unmarried employees may question the fairness of these policies.

» [How does marital status discrimination affect businesses in your state?](#)



PAUSE II

NEWS

- » **Moneywise: Childcare costs continue to soar:** <http://bit.ly/6jD3kH>
- » **EmpowHER - Women's Health Online: Does Inequality at Work Psychologically Affect Women:** <http://bit.ly/bFh9K2>
- » **True/Slant: We have to get parental leave right:** <http://bit.ly/bZa4Qo>

BLOG

- » **[Preliminary Network Survey Results](#)**
February 10, 2010
Normal 0 false false false EN-US X-NONE X-NONE Normal 0 false false false EN-US X-NONE X-NONE Thank you so much to the over four hundred individuals who completed our recent Network Survey. We greatly appreciate your taking the time to participate, and your valuable feedback is already being

POLL

Do you think working parents get preferential treatment at your workplace (easier to leave for family obligations, etc.) compared to workers without children?

Yes

No

[View Results](#)
[Share](#)

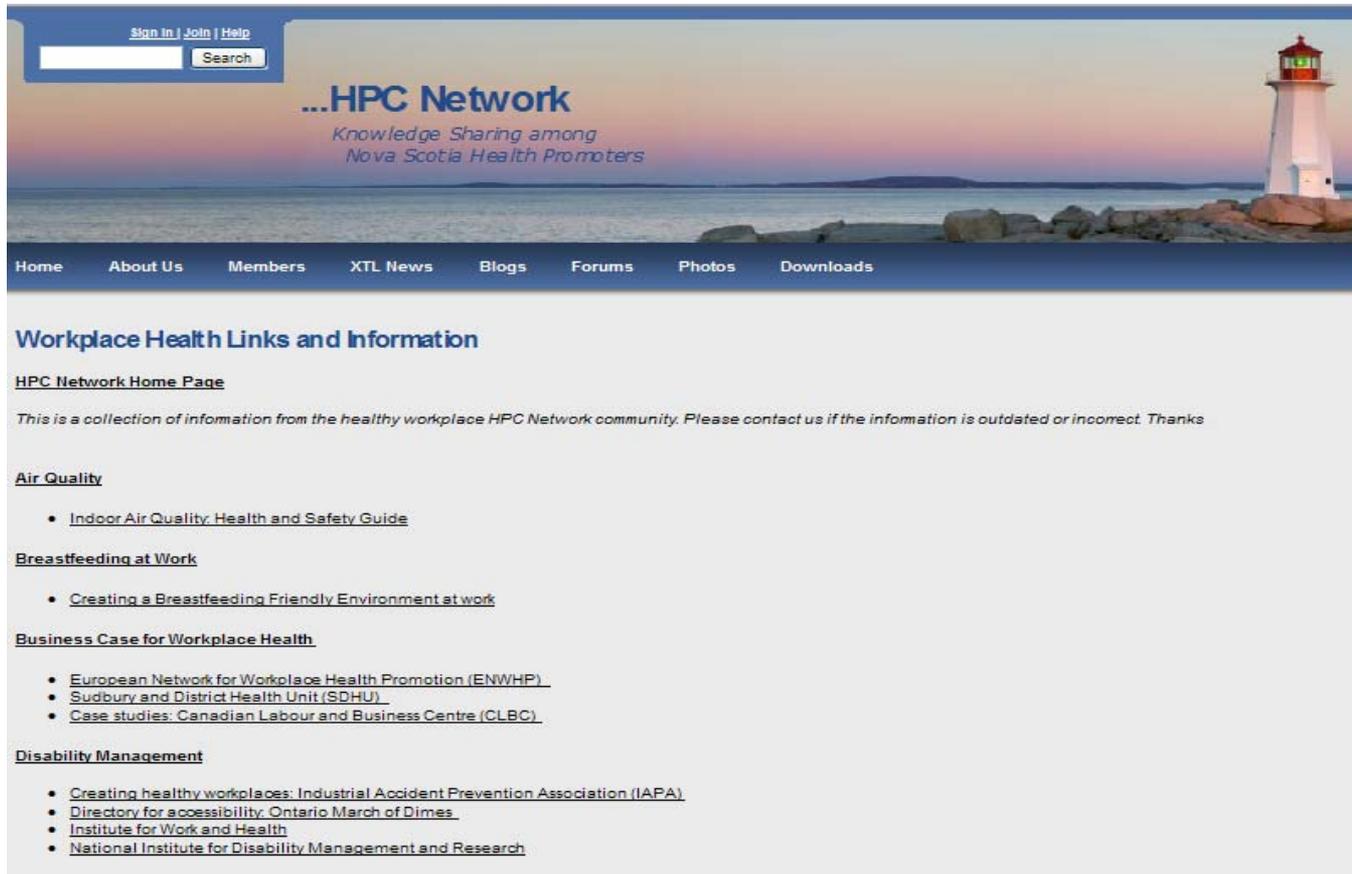
[ThisPolls.com](#)

<http://wfnetwork.bc.edu/>

Provincial Approaches

- Nova Scotia – NS Network for Workplace Health
- New Brunswick – Wellness at Heart
- Quebec – GP2S, BNQ
- Ontario – THCU, IAPA,
- Alberta – Healthy U
- British Columbia – Act Now BC

NS Network for Workplace Health



The screenshot shows the website for the HPC Network. At the top, there is a navigation bar with links for "Sign In", "Join", and "Help", and a search box. Below this is a banner image of a lighthouse on a rocky shore at sunset. The main heading is "...HPC Network" with the tagline "Knowledge Sharing among Nova Scotia Health Promoters". A navigation menu includes "Home", "About Us", "Members", "XTL News", "Blogs", "Forums", "Photos", and "Downloads". The main content area is titled "Workplace Health Links and Information" and contains a list of links under various categories: "Air Quality", "Breastfeeding at Work", "Business Case for Workplace Health", and "Disability Management".

[Sign In](#) | [Join](#) | [Help](#)

...HPC Network

*Knowledge Sharing among
Nova Scotia Health Promoters*

[Home](#) [About Us](#) [Members](#) [XTL News](#) [Blogs](#) [Forums](#) [Photos](#) [Downloads](#)

Workplace Health Links and Information

HPC Network Home Page

This is a collection of information from the healthy workplace HPC Network community. Please contact us if the information is outdated or incorrect. Thanks

Air Quality

- [Indoor Air Quality: Health and Safety Guide](#)

Breastfeeding at Work

- [Creating a Breastfeeding Friendly Environment at work](#)

Business Case for Workplace Health

- [European Network for Workplace Health Promotion \(ENWHP\)](#)
- [Sudbury and District Health Unit \(SDHU\)](#)
- [Case studies: Canadian Labour and Business Centre \(CLBC\)](#)

Disability Management

- [Creating healthy workplaces: Industrial Accident Prevention Association \(IAPA\)](#)
- [Directory for accessibility: Ontario March of Dimes](#)
- [Institute for Work and Health](#)
- [National Institute for Disability Management and Research](#)

<http://hpcclearinghouse.net/content/workplacehealthlinks.aspx>

Wellness at Heart

The screenshot shows the website for the Heart & Stroke Foundation of New Brunswick. The main content area is titled "Workplace Wellness in New Brunswick" and includes a list of resources such as "Workplace Wellness e-zine", "Annual Conference", "Awards Package", "Toolkit", "Implementation Guide", and "Nutrition Policy". Below this is a section titled "Why workplace Wellness?" with text explaining the benefits of workplace wellness programs. A "Wellness Toolbox" section lists "Wellness at Heart Toolkit", "Workplace Wellness Implementation Guide", and "Healthy Eating Policy". The right sidebar features several promotional banners: "Get INVOLVED" with "Wellness at Heart" and "Le Meux-etre à Cœur", "Heart, Stroke RESTART A HEART Restart a Life", "Relay Run for Heart", "Sign up for Events" for "Heart & Stroke JUMP ROPE FOR HEART", "View all Events", "Skate for Heart", and "Buy from our Partners" for "SHOP with HEART". The footer includes the Heart & Stroke Foundation logo.

HEART & STROKE FOUNDATION OF NEW BRUNSWICK
Finding answers. For life.

Anyone can be a victim of heart disease.

HEART & STROKE FOUNDATION OF NEW BRUNSWICK
Finding answers. For life.

skip to content change text size

SEARCH GO

About Us Health Information Kids/Teens Zone Funded Research Advocate News Events Volunteer Multicultural Resources DONATE NOW

Home > Health Information > Workplace Wellness NB

Your Province
New Brunswick

Workplace Wellness in New Brunswick

- Workplace Wellness e-zine
- Annual Conference
- Awards Package
- Toolkit
- Implementation Guide
- Nutrition Policy

Why workplace Wellness?

Increasingly, it is recognized that the workplace itself has a powerful effect on people's health. As a Foundation we are dedicated to working with employers in this province to make changes that will have a lasting effect on the health of New Brunswickers.

Research has shown that workplace wellness programs improve morale, reduce absenteeism, and add to the health and longevity of each participant. These programs are instrumental in keeping people on a healthy living path, especially in environments where the employees are sedentary for significant portions of the day.

The future success of organizations in New Brunswick is dependent on having well-qualified, motivated and healthy employees. Healthy living initiatives convey the message to employees that the company cares about them as individuals and the company values the service they provide. This increases the overall morale of the workplace and therefore, improves the bottom line - achieving a healthier workplace.

An organization that recognizes employees as a competitive advantage and seeks to create an environment that supports and promotes health is what distinguishes the exceptional company from the average!

Wellness Toolbox

- Wellness at Heart Toolkit
- Workplace Wellness Implementation Guide
- Healthy Eating Policy

Get INVOLVED

Wellness at Heart
Le Meux-etre à Cœur
Workplace Wellness

Heart, Stroke
RESTART A HEART
Restart a Life
Find out more!

Relay Run
for Heart

Sign up for Events

Heart & Stroke
JUMP
ROPE FOR HEART
View all Events

Heart & Stroke
Skate
for Heart

Buy from our Partners

SHOP
with HEART

HEART & STROKE FOUNDATION

<http://www.heartandstroke.nb.ca>

GP2S



Le mieux-être au travail

Groupe de promotion pour la **prévention en santé**

Rechercher...

A propos du GP²S | Devenir membre | Liste des membres | Photos | Nous joindre Français

Accueil | **Nouvelles** | **Norme** | **Services** | **Comités** | **Documentation** | **Événements**

ccueil



Nouvelle tarification
Surtout, ne manquez pas notre nouvelle tarification pour les entreprises ! Cela vaut vraiment la peine de devenir membre.

Programme de reconnaissance *Nouveau*

Depuis ses débuts, la principale mission du GP²S est d'inciter les employeurs à intégrer la promotion et la prévention en santé dans leur gestion d'entreprise. Pour réaliser cet objectif, le GP²S a créé cette année un programme de reconnaissance récompensant les employeurs qui se sont engagés à investir dans la santé en entreprise. [Lire la suite...](#)

- ✦ **Entreprises certifiées** « Entreprise en santé »
- ✦ **Entreprises engagées** dans une démarche structurée de prévention et promotion de santé en milieu de travail et ayant reçu une reconnaissance officielle le 26 novembre dernier.

Mot de la direction générale

Bulletin d'information

Nom

E-mail

S'abonner

Membres gouverneurs



Ensemble, vers un monde en meilleure santé™

<http://www.gp2s.net/>

BNQ



QUICK LINKS

- Documents Purchase and Catalogue
- Public Enquiries
- Certified Products, Processes and Services
- Registered Systems
- View my shopping cart
- Tourism

- Standards Development
- Products, Process, Services and Personnel Certification
- System Certification
- Laboratory Assessment
- International
- Publications
- What's New
- Interesting Links
- Documents free of charge
- Job opportunities

Home Site Map Contact Us About Us FRANÇAIS

→ **BNQ 9700-800 Prevention, promotion and Organizational practices for Health in the Workplace**



The standard "Healthy Enterprise" concerns the maintenance and sustainable improvement of the health of individuals. Identifies actions and measures to implement in the workplace for the promotion of good living habits by the employees and a healthy working environment. This standard leads companies to act on four different areas recognized for having a significant impact on the health and productivity of their employees, which are lifestyle habits, work-personal life balance, working environment and management practices.

This standard is the initiative of **Group of Promotion of Prevention Strategies (GP²S).**



<http://www.bnq.qc.ca/>

THCU

Welcome Centre



EN FRANÇAIS

WORKPLACE HEALTH PROMOTION PROJECT

- ABOUT THCU
- WORKSHOPS AND EVENTS
- CONSULTATION SERVICES
- INFORMATION AND RESOURCES
- CONTACT US

Health Promotion at a Glance Introduction-Level Webinars

Health Promotion 101: 3-Session Course
- Reflecting and Application Webinar
February 3, 2010

- » More Information
- » Register Online

Introduction to Evaluating Health
Program Programs
February 10, 2010 (Lecture)
February 16, 19 & 23 (Interactive)

News and Updates as of February 1, 2010

NEW Transfer of Funding to the Ontario Agency for Health Protection and Promotion - We are pleased to inform you that as of April 1, 2010, the Ontario Agency for Health Protection and Promotion (OAHP) will be taking over responsibility for the contract management of The Health Communication Unit, as funded by the Ministry of Health Promotion (MHP). For more information, please read the joint MHP/OAHP announcement.

NEW Business Case Collection: Research Toward the Development of an Online, Interactive Tool
Please send us the templates you use!

NEW Orientation Webcasts about the Online Health Program Planner. View one or more of these short presentations to learn what the OHPP can do for you, how to use it, and how to access support for your planning process.

<http://www.thcu.ca/>

[HOME](#)

[SEARCH AND SITE MAP](#)

[FEEDBACK](#)

[CLIENT NEEDS FORM](#)

INFORMATION AND RESOURCES

[Exit Workplace and return to THCU home](#) >> [About Workplace Project](#) >> [Workplace Information and Resources](#)

Click [here](#) to search all Workplace related resources in our new THCU resources database.

Workplace Health Promotion Resources

Topic Guides

- [Comprehensive Workplace Health Promotion \(CWHP\) Planning Framework](#)
- [Obtain Management Support](#)
- [Establish a Healthy Workplace Committee](#)
- [Conduct a Situational Assessment](#)
- [Develop a Program Plan](#)
- [Implement the Plan](#)
- [Evaluation](#)
- [Organizational Culture](#)
- [Policy Development](#)

Other Resources

- [Comprehensive Workplace Health Promotion \(CWHP\) Webinar Series Slide Decks \(2008-2009\)](#)
- [The Workplace Virtual Community](#)
- [The Online Health Program Planner \(OHPP\)](#)
- [Workplace Health Promotion Literature Searches Done for Clients](#)
- [Other Workplace Resource Databases](#)
- [Presentations & Slideshows](#)

IAPA

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IAPA Health and Safety Solutions
It's About Making A Difference. Training. Consulting. Conferences. Products.

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Features

- PARTNERS IN PREVENTION 2010
- WORKPLACE VIOLENCE BRIEFING AND WORKSHOP
- WORKPLACE ELECTRICAL SAFETY TRAINING
- CERTIFICATION PARTS ONE AND TWO: OFFICES
- E-COURSES NOW AVAILABLE
- WHMIS for WORKERS
- CSA/IAPA TRAINING & EVENTS

Resources

- INCLEMENT WEATHER & EVENT CANCELLATIONS
- SAFETY GROUPS - RECRUITING FOR 2010
- MOL INSPECTION BLITZES

Coming together to serve you better

Industrial Accident Prevention Association (IAPA), Ontario Service Safety Alliance (OSSA) and Farm Safety Association (FSA) amalgamated on January 1, 2010 into a [new health and safety organization](#) in order to bring more innovative and cost-effective health & safety solutions to firms across Ontario.

Certification Training

The Occupational Health and Safety Act requires that one worker and one management representative of every Joint Health and Safety Committee (JHSC) must be trained in the fundamentals of health and safety and both members must be trained in workplace-specific hazards. This training is known as [Certification Part One](#) and [Certification Part Two](#).

What's New

2/10/2010	New Course Dates! Certification Parts One and Two: Offices Cover the basics (Part One) and the hazards (Part Two) at the same time and save.
2/9/2010	Opportunity 2010 Day of Workshops- Early Bird Date Feb 16 An action-packed day of professional development and networking opportunities held in Kitchener.
	MOL Enforcement Blitz: Forklifts and Lifting Devices

Announcements

EAC/CME Business Summit
on Workplace Safety & Insurance
March 25, 2010

IAPA Conferences

- 02/23/10 New Horizons 2010
- 03/09/10 Opportunity 2010
- 04/20/10 Superior 2010
- 05/11/10 Cornwall 2010
- 06/01/10 Kingston 2010
- 06/15/10 Education is the Key
- >> more...

Corporate • Media

- New Ontario H&S Conference & Trade Show
- Partners in Prevention 2010 Backgrounder

<http://www.iapa.ca/>



It's About Making A Difference.

IAPA Resources

Legal Compliance ■ Productivity Improvement ■ Healthy Workplaces



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- IAPA Small Business Centre
- Resource Articles
- Legislation Resources
- Hazard Alerts
- Self-Assessment Forms
- Conference Poster Abstracts
- Information Centre
- Health & Safety Links
- AP Magazine
- Pandemic Planning

IAPA Free Downloads

Health & Safety Downloads

- Certification
- Forms
- Hazard Tip Sheets
- Health & Safety Hazards
 - Fire Safety
 - General Working Conditions
 - Hazard Control Systems
 - Hazard Sources
 - Program Development
 - Special Working Conditions
- Joint Health & Safety Committee
- Legislative Compliance
- Safety Rules - 19 Languages
- Management Systems
- Tips for Employing Young Workers
- WHMIS

Workplace Health and Well-Being

- Healthy Workplaces General
- Ergonomics
- Infectious Diseases
- Occupational Diseases
- Stress
- Workplace Violence

Additional Non-IAPA Publications

- Canadian Manufacturers & Exporters
- Mental Health at Work
- OHSCO
- Self-Assessment Forms for OHS

Healthy U



Healthy U

Contact Us
Search



Location: Alberta Government > Alberta Health & Wellness > Healthy U Home



Active Living

Healthy Eating

Healthy Places

About Healthy U

Hot Tips

See this week's healthy Hot Tip

Click here for healthy recipes!

New recipes are posted every month.

Wellness Fund for Healthy School Communities

Learn more about

In the News



Using the Glycoemic Index to Make Healthy Food Choices

The foods we choose have a huge impact on our health, including our risk for conditions like diabetes, obesity and heart disease. Fortunately, there are a number of tools we can use to guide our food choices. One such tool that is receiving a great deal of interest is the Glycoemic Index. [more>>](#)

What's On

- [New Alberta Food for Health Awards - a Premier's Award](#)
Learn more and apply today!
- [Alberta Healthy School Community Wellness Fund](#) - New call for proposals
Apply Today!

<http://www.healthyalberta.com/>

Act Now BC

The screenshot shows the Act Now BC website interface. At the top left is the British Columbia logo with the tagline 'The Best Place on Earth' and the 'ActNowBC' logo. To the right is a navigation menu with links for 'Contact Us', 'www.gov.bc.ca', and 'Newsletter Signup', along with a search box. Below this is a horizontal menu with categories: Home, Everyone, Families, Youth, Adults, Seniors, Healthy Choices in Pregnancy, Physically Challenged, and Events. The main content area features a sidebar on the left with 'HEALTHY LIVING TIPS' and a list of topics: Physical Activity, Healthy Eating, Healthy Schools, Healthy Communities, Healthy Work Environments (circled in red), Healthy Choices in Pregnancy, and Tobacco. Below this are links for 'Healthy Living Tools', 'Healthy Living Resources', 'Healthy Living Events', 'Healthy Living Programs', and 'Measuring Our Success'. The main content area is titled 'Healthy Work Environments' and contains two columns of text and images. The first column discusses the challenges of balancing work, family, and personal responsibilities and lists three elements of a healthy work environment: Occupational Health and Safety, Organizational Wellness, and Workplace Health Promotion. The second column is titled 'How to Get Started' and features a sub-section 'Creating a Healthy Work Environment' which mentions a pilot project by the Ministry of Healthy Living and Sport.

BRITISH COLUMBIA
The Best Place on Earth

ActNowBC

Home Everyone Families Youth Adults Seniors Healthy Choices in Pregnancy Physically Challenged Events

HEALTHY LIVING TIPS

- Physical Activity
- Healthy Eating
- Healthy Schools
- Healthy Communities
- Healthy Work Environments**
- Healthy Choices in Pregnancy
- Tobacco

→ Healthy Living Tools

→ Healthy Living Resources

→ Healthy Living Events

→ Healthy Living Programs

→ Measuring Our Success

Healthy Work Environments

The competing demands of work, family and/or personal responsibilities often mean less time or energy for health prevention behaviours like physical activity. These pressures often lead to other physical and emotional health issues such as unhealthy eating, tobacco use and substance misuse. A healthy work environment can enhance the health and well-being of employees and benefit the community as a whole.

Canadians spend an average of 10.5 hours each day at work (or commuting to and from), making the workplace an ideal place to promote healthy lifestyle behaviours like healthy eating and physical activity.

↓ Healthy Work Environments

The three elements of a comprehensive approach to a healthy work environment are the following:

1. Occupational Health and Safety – for the physical work environment
2. Organizational Wellness – creating a healthy workplace culture
3. Workplace Health Promotion – making the healthy choice the

↓ How to Get Started

Creating a Healthy Work Environment

The Ministry of Healthy Living and Sport participated in a one-year pilot project to evaluate the effectiveness of a variety of health interventions and strategies to promote a healthy work environment.

The Healthy Work Environment

<http://www.actnowbc.ca/>

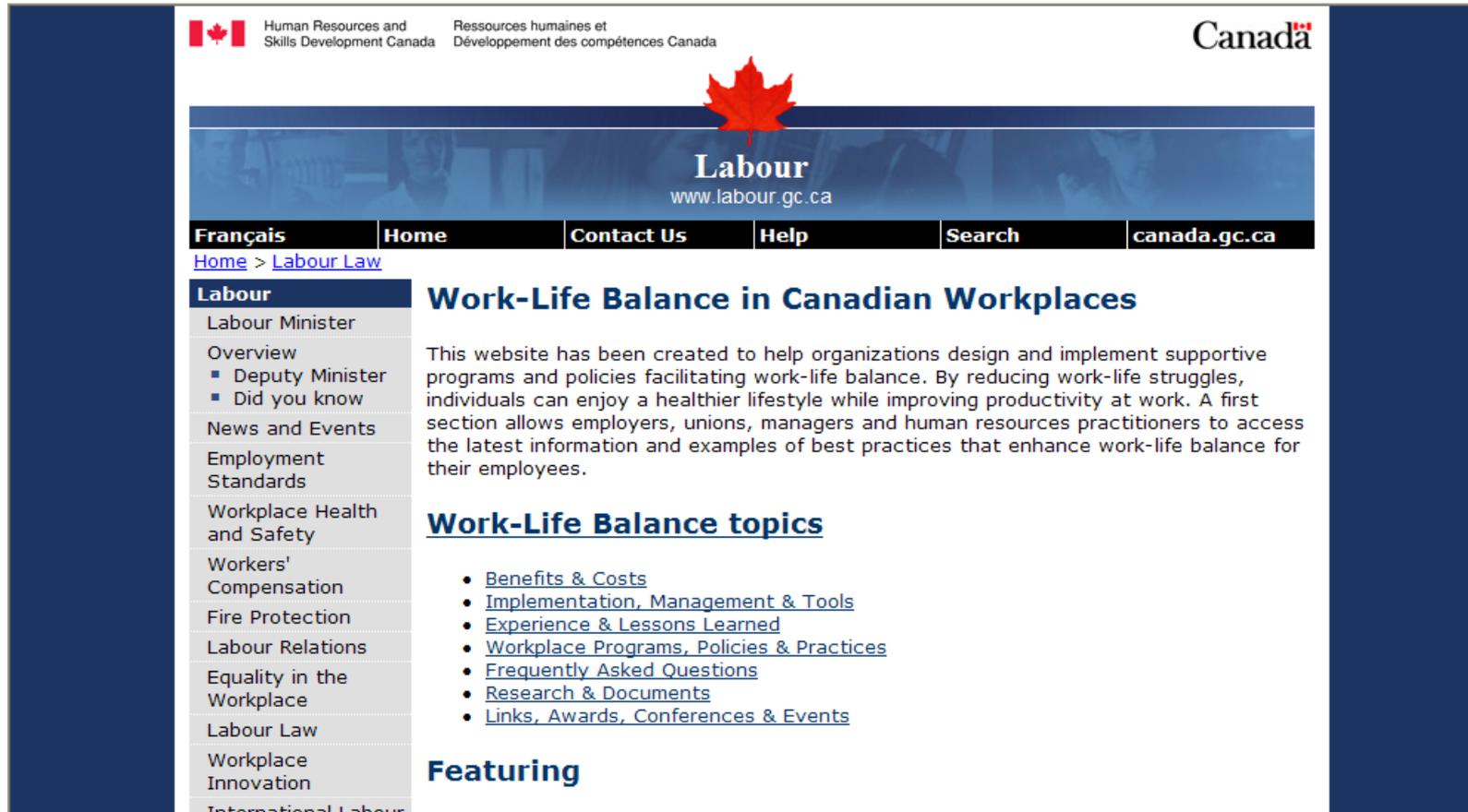
Key Topics: Useful Tools

- *Work-life quality*
- *Workplace violence prevention*
- *Active living*
- *Mental health at work*

Work-Life Quality

- Work-life Balance in Canadian Workplaces, HRSDC
- Regina Work-Life Balance Network
- CCOHS OSH Answers

Work-life Balance in Canadian Workplaces, HRSDC



The screenshot shows the Labour.gc.ca website. At the top, there are logos for Human Resources and Skills Development Canada (HRSDC) in both English and French, and the Canada wordmark. A red maple leaf is centered above the word 'Labour' and the URL 'www.labour.gc.ca'. Below this is a navigation bar with links for Français, Home, Contact Us, Help, Search, and canada.gc.ca. The main content area features a sidebar on the left with a 'Labour' menu containing links to Labour Minister, Overview, News and Events, Employment Standards, Workplace Health and Safety, Workers' Compensation, Fire Protection, Labour Relations, Equality in the Workplace, Labour Law, Workplace Innovation, and International Labour. The main content area has a heading 'Work-Life Balance in Canadian Workplaces' followed by a paragraph explaining the website's purpose. Below this is a section titled 'Work-Life Balance topics' with a bulleted list of links: Benefits & Costs, Implementation, Management & Tools, Experience & Lessons Learned, Workplace Programs, Policies & Practices, Frequently Asked Questions, Research & Documents, and Links, Awards, Conferences & Events. The page concludes with a 'Featuring' section.

Human Resources and Skills Development Canada / Ressources humaines et Développement des compétences Canada

Canada

Labour
www.labour.gc.ca

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Home > Labour Law

Labour

- Labour Minister
- Overview
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 - Did you know
- News and Events
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- Labour Law
- Workplace Innovation
- International Labour

Work-Life Balance in Canadian Workplaces

This website has been created to help organizations design and implement supportive programs and policies facilitating work-life balance. By reducing work-life struggles, individuals can enjoy a healthier lifestyle while improving productivity at work. A first section allows employers, unions, managers and human resources practitioners to access the latest information and examples of best practices that enhance work-life balance for their employees.

Work-Life Balance topics

- [Benefits & Costs](#)
- [Implementation, Management & Tools](#)
- [Experience & Lessons Learned](#)
- [Workplace Programs, Policies & Practices](#)
- [Frequently Asked Questions](#)
- [Research & Documents](#)
- [Links, Awards, Conferences & Events](#)

Featuring

<http://www.hrsdc.gc.ca/eng/lp/spila/wlb/01home.shtml>

Programs, Policies & Practices

http://www.hrsdc.gc.ca/eng/lp/spila/wlb/11programs_policies_practices.shtml

Workplace Programs, Policies ...

Human Resources and Skills Development Canada / Ressources humaines et Développement des compétences Canada

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www.labour.gc.ca

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- Labour Law
- Workplace Trends
- Labour and Globalization

Our Department

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Explore our site

- Topics
- Policies and Programs
- A to Z Index
- Proactive Disclosure

Workplace Programs, Policies and Practices

Home » [Work-Life Balance](#)

The following documents provide descriptions and examples of policies, programs and practices. They include the following:

- Dependant care initiatives**
 - [Emergency child-care](#)
 - [Emergency eldercare](#)
 - [Financial assistance for child care expenses](#)
 - [Workplace child-care](#)
 - [Information and referral service](#)
- Reduction of working time**
 - [Job sharing](#)
 - [Gradual retirement](#)
 - [Voluntary part-time work](#)
- Work-life stress management**
 - [EAP/EFPA](#)
 - [Wellness/health promotion](#)
- Workplace flexibility**
 - [Annualized hours](#)
 - [Compressed work week](#)
 - [Flextime](#)
 - [Telework](#)
- Leave and benefits**
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 - [Leave for personal reasons](#)
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 - [Sick leave](#)
 - [Vacation](#)

Date Modified: 2007-04-12

[Top of Page](#) [Important Notices](#)

Policies and Programs

Research & Documents

 Human Resources and Skills Development Canada / Ressources humaines et Développement des compétences Canada 



Labour
www.labour.gc.ca

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[canada.gc.ca](#)
[Home](#) > [Labour Law](#)

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- Fire Protection
- Labour Relations
- Equality in the Workplace
- Labour Law
- Workplace Trends
- Labour and Globalization

Our Department

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Explore our site

- Topics
- Policies and Programs

Research and Documents

This page contains references and links, where available, to a large number of reports, articles and papers on a variety of subjects related to work-life balance. The first section offers [key studies](#) prepared by the Labour Program, HRDC or experts in the field of work-life balance. The second section offers [recent additions](#) of other research and documents related to work-life balance. The third section provides an extensive [bibliography](#). You can browse the entire bibliography or search by subject, author, publisher or title.

Key Studies

- [Report on the costs and benefits of work-life balance workplace practices](#) (PDF Document)
- [A Workplace that Works \(PDF Version\)](#)
- [Improving Work-Life Balance - What Are Other Countries Doing?](#)
- [Addressing Work-Life Balance in Canada](#)
- [Voices of Canadians: Seeking Work-Life Balance](#)
- [Work-Life Balance in Canada: A Report to Ministers Responsible for Labour in Canada](#)
- [Work and Family Provisions in Canadian Collective Agreements](#)
- [Work-Related Child-Care Centres in Canada - 2001](#)
- [Work, Family and Community: Key Issues and Directions for Future Research](#)
- [Work-Life Compendium 2001: 150 Canadian Statistics on Work, Family & Well-Being](#)
- [Work-life Balance in the New Millenium: Where Are We? Where Do We Need to Go?](#) (PDF Document)

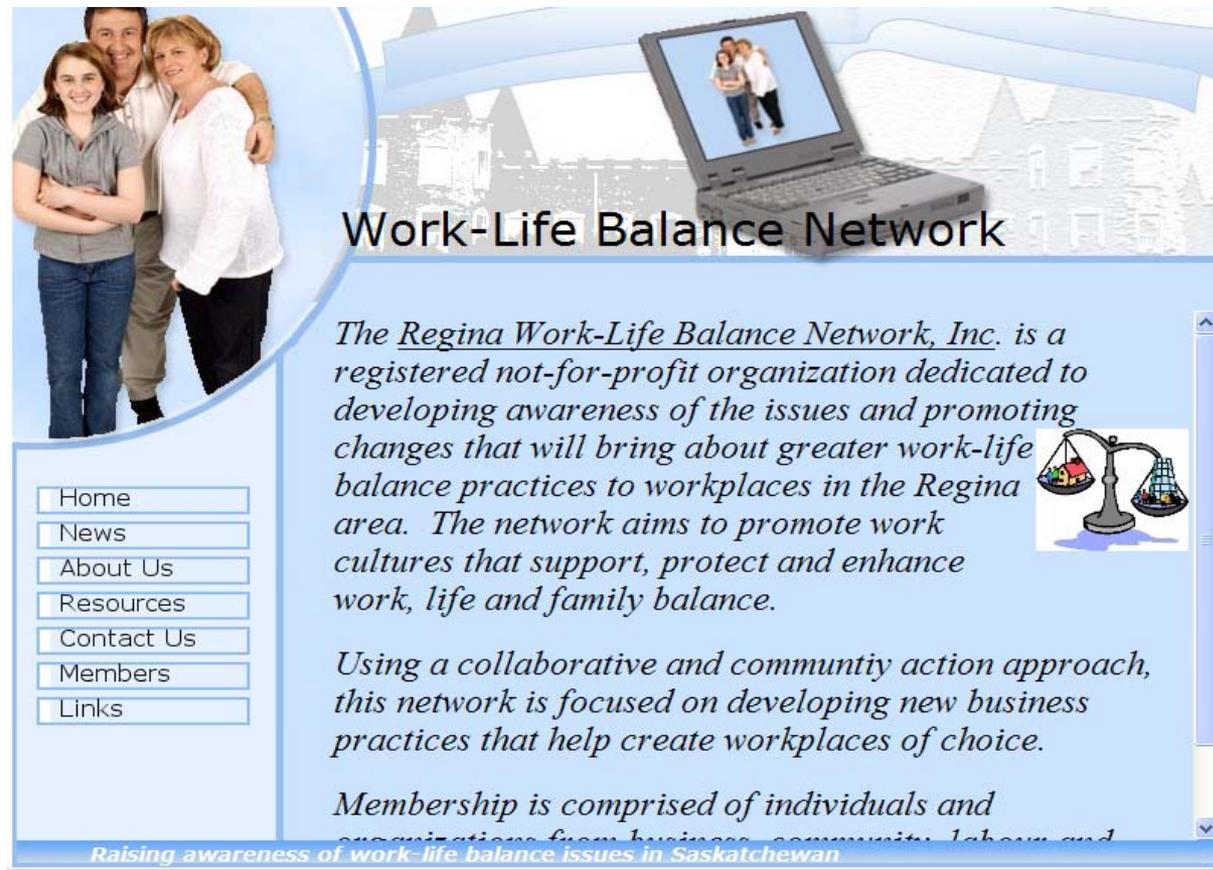
Other Studies

- [Canada](#)
- [International](#)

Bibliography

- [Benefits and costs](#)

Regina Work-Life Balance Network



Work-Life Balance Network

The Regina Work-Life Balance Network, Inc. is a registered not-for-profit organization dedicated to developing awareness of the issues and promoting changes that will bring about greater work-life balance practices to workplaces in the Regina area. The network aims to promote work cultures that support, protect and enhance work, life and family balance.



Using a collaborative and community action approach, this network is focused on developing new business practices that help create workplaces of choice.

Membership is comprised of individuals and organizations from business, community, labour and

Raising awareness of work-life balance issues in Saskatchewan

<http://www.reginaworklifebalance.ca/>

Centre for Families, Work & Well-Being

The screenshot shows the website for the Centre for Families, Work & Well-Being at the University of Guelph. The header includes the university logo and the center's name. A navigation menu contains links for ABOUT, PROJECTS, NEWS & EVENTS, PEOPLE, RESOURCES, and a 'Join Our E-Newsletter' button. The main content area features a large image of a woman and child, followed by a 'Decade Report - Making Change' section with a 'LEARN MORE' button. Below this are sections for 'Projects' and 'Recent News', each with a 'VIEW ALL' button. A 'Project Websites' sidebar lists various resources like 'Father Involvement Research Alliance' and 'Rural Women Making Change'. The footer contains copyright information and contact details.

UNIVERSITY OF GUELPH

Centre for Families, Work & Well-Being

CSAHS

ABOUT PROJECTS NEWS & EVENTS PEOPLE RESOURCES

Join Our E-Newsletter



Decade Report - Making Change

The Decade Report: Making Change, chronicles the diverse body of work undertaken by the Centre for Work Families and Well-Being since its inception in 1998.

[LEARN MORE](#)

Projects

Information for Employees and their Families
A listing of online resources for employees and their families. [read more...](#)

Self-employment for Women: Policy Options that Promote Equality and Economic Opportunities
This study examined challenges to financial security faced by self-employed women when their earnings are interrupted after childbirth/adoption or for personal or family health reasons. Policy mechanisms that could promote greater economic security for... [read more...](#)

Caring at a Distance
This study explores the intersections of caregivers' practices and the practices of service organizations in the health, home and continuing care systems and highlights the practices that directly link clients and their caregivers into policy processes.... [read more...](#)

[VIEW ALL PROJECTS](#)

Recent News

Tuesday, April 6
White House Affirms Importance of Workplace Flexibility
The Obama White House recently hosted a forum and released a new report on the workplace flexibility. [read more...](#)

Wednesday, March 17
Canadian Government Looking to Reduce the Impact of Mental Illness in the Public Service: Ottawa Citizen
Ottawa Citizen story published on March 15, 2010. [read more...](#)

[FIND ALL RECENT NEWS](#)

Project Websites

-  Father Involvement Research Alliance
-  Rural Women Making Change
-  Rural Work Life
-  Return to Work after Stress Leave
-  Interventions Against Elder Abuse
-  Project 3535

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<http://www.worklifecanada.ca/>

CCOHS OSH Answers



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

Canada



Home > OSH Answers > Health Promotion / Wellness / Psychosocial

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Health Promotion / Wellness / Psychosocial
Active Living At Work
Aging Workers
Bullying in the Workplace
Employee Assistance Programs (EAP)
Environmental Tobacco Smoke (ETS): General Information and Health Effects
Environmental Tobacco Smoke (ETS): Workplace Policy

> Work/Life Balance

- [Ask a Question](#)
- [Feedback](#)
- [Printer-friendly](#)

Have you heard people say this before?
What are work/life balance initiatives?
Why should a workplace consider these programs?
How does a workplace implement work/life balance initiatives?
What are some steps to take when setting up a program?

Have you heard people say this before?

There are often two main aspects associated with work/life balance – the first is lack of time and scheduling conflicts, and the other is feeling overwhelmed, overloaded or stressed by the pressures of multiple roles.

Research for Health Canada indicate that there are four broad categories associated with work life balance:

- **Role overload:** This form of work-life conflict occurs when the total demands on time and energy associated with the prescribed activities of multiple roles are too great to perform the roles adequately or comfortably.
- **Work-to-family interference:** This type of role conflict occurs when work demands and responsibilities make it more difficult to fulfill family-role responsibilities (e.g. long hours in paid work prevent attendance at a child's sporting event, preoccupation with the work role prevents an active enjoyment of family life, work stresses spill over into the home environment and increase conflict with the

http://www.ccohs.ca/oshanswers/psychosocial/worklife_balance.html

Workplace Violence Prevention

- Canada Safety Council
- International Labour Organization
- Ontario Ministry of Labour
- CCOHS Violence Awareness e-course

Canada Safety Council

The screenshot shows the Canada Safety Council website. At the top is the logo and navigation menu. The main content area is titled 'Bullying in the Workplace' and contains text about workplace bullying, psychological violence, and a quote from a 1999 ILO report. A sidebar on the left lists various safety topics, and a 'Support CSC' box is on the right.

Canada Safety Council
Canada's Voice and Resource for Safety

Safety Store My Cart News Contact Us Français

Search

Home Public Safety Road & Vehicle Safety Workplace Safety Training Campaigns & Awards Membership About Us

Home > Workplace Safety > Bullying in the Workplace

Bullying in the Workplace

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[Bullying in the Workplace](#)

[Carbon Monoxide](#)

[Occupational Health & Safety Links](#)

[Children on the Farm](#)

[Fatigue](#)

[Wear Layers to Keep Warm](#)

[Methanol](#)

[Perfume in the Workplace](#)

[Safe Sitting](#)

[Hypothermia](#)

[Welding](#)

Employers are beginning to take steps to make bullying as unthinkable as sexual harassment or drunkenness in the workplace.

Schoolyard bullying – the torment of one child by another – is often compared to workplace bullying. Both types represent a grab for control by an insecure, inadequate person, an exercise of power through the humiliation of the target. School bullies, if reinforced by cheering classmates, fearful teachers or ignoring administrators, grow up to be dominating adults. When they join the work force, they continue to bully others.

Psychological Violence

A 1999 International Labour Organization (ILO) report on workplace violence emphasized that physical and emotional violence is one of the most serious problems facing the workplace in the new millennium. The ILO definition of workplace violence includes bullying:

p. p. "any incident in which a person is abused, threatened or assaulted in circumstances relating to their work. These behaviors would originate from customers, co-workers at any level of the organization. This definition would include all forms of harassment, bullying, intimidation, physical threats/assaults, robbery and other intrusive behaviors."

CUPE's National Health and Safety Survey of Aggression Against Staff, published in January, 1994, mentions verbal aggression and harassment in its definition of violence:

Support CSC

[Donate now](#)

[Sarah Beth Therien Safety Fund](#)

[Stewart Moore Endowment for Traffic Safety in Lifestyle Advertising](#)

<http://safety-council.org/info/OSH/bullies.html>

Violence at Work



International Labour Organization

Search

Social Protection

Programme on Safety and Health at Work and the Environment (SAFEWORK)

[Site map](#) | [Contact us](#) |

[> SAFEWORK home](#) > [Areas of work](#)

About us

ILO instruments on OSH

Areas of work

Projects

Events and training

Information resources

Prevention of violence at work

Long ignored, denied or considered to be a harsh reality which just has to be accepted as part of life, it is only recently that violence at work has started to receive the attention that it deserves as a serious safety and health hazard which has a high cost for victims and enterprise performance alike.

While many people were of course aware of the existence of violence at work, few voiced their concern or considered it a specific workplace issue. When the ILO published the first edition of its report on *Violence at work* in 1998, it obviously struck a deep chord. Since then, there has been a growth of attention to and awareness of this alarming phenomenon worldwide. Fresh information is now emerging which shows that what we see is only the tip of the iceberg: the real size of the problem is still largely unknown. The enormous cost of violence at work for the individual, the workplace and the community at large is also becoming progressively more apparent.

This introduction to violence at work is intended to provide brief answers to a number of questions. These include: What forms does violence at work take? Which sectors and occupations are most affected? To what extent are women particularly vulnerable, with special reference to sexual harassment? What is the cost of violence at work to the individual, the enterprise and society? Do we understand why violence at work happens?

FURTHER INFORMATION

- ✦ [Framework guidelines for addressing workplace violence in the health sector - \[pdf 1548 KB\]](#)
- ✦ [Violence at work in the European Union - \[pdf 10 KB\]](#)
- ✦ [Workplace violence and harassment](#)
- ✦ [The cost of violence/stress at work - \[pdf 176 KB\]](#)
- ✦ [Guidance for the prevention of stress and violence at the workplace - \[pdf 145 KB\]](#)
- ✦ [Articles on Violence at work - ILO Encyclopaedia of Occupational Health and Safety](#)

http://www.ilo.org/safework/areasofwork/lang-en/WCMS_108511/index.htm

Ontario Ministry of Labour

The screenshot shows the Ontario Ministry of Labour website. At the top left is the Ontario logo and 'MINISTRY OF LABOUR'. At the top right are links for 'Ontario.ca' and 'Français'. A search bar is located below the header. A navigation menu includes 'HOME', 'ABOUT THE MINISTRY', 'NEWSROOM', 'GALLERY', and 'CONTACT US'. The breadcrumb trail reads: 'Location: Ontario Ministry of Labour > Health & Safety > Safe At Work Ontario > Publications > Protecting Workers From Workplace Violence and Workplace Harassment'. A left sidebar contains a menu with items like 'Ministry of Labour', 'Employment Standards', 'Health and Safety', 'Safe At Work Ontario', 'Frequently Asked Questions', 'Topics and Publications', 'Forms', 'Laws', 'Health and Safety System Review', 'Report An Incident', 'Contact Us', 'Labour Relations', 'Jobs Protection Office', 'Agencies, Boards and Commissions', 'Resources', 'Explore Government', 'Contacts', and 'Subscribe'. The main content area features the title 'Protecting Workers From Workplace Violence and Workplace Harassment' in a blue box, followed by the 'Safe At Work Ontario' logo. Below this, it states 'Issued: March 2010' and 'Content last reviewed: March 2010'. A PDF version is available (865 KB / 2 pages) with a download link for Adobe Reader. It also references 'Workplace Violence / Workplace Harassment'. The text describes changes to Ontario's Occupational Health and Safety Act (OHSA) effective June 15, 2010. It highlights 'Bill 168 amendments to the Occupational Health and Safety Act' and provides definitions for 'Workplace violence' and 'Workplace harassment'. The definitions for workplace violence include physical force, attempts at physical force, and threats. The definition for workplace harassment includes vexatious comment or conduct, bullying, and offensive materials or phone calls. The footer of the browser window shows 'Page 2', 'Sec 1', '2/3', 'At 3.5"', 'Ln 16', 'Col 1', and language settings for 'English (U.S.)'.

http://www.labour.gov.on.ca/english/hs/sawo/pubs/fs_workplaceviolence.php

CCOHS Violence Awareness e-course



Canadian Centre for Occupational
Health and Safety

Centre canadien d'hygiène et de
sécurité au travail

Canada



Canadian Centre for Occupational Health and Safety
www.ccohs.ca

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Courses

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[Web Information](#)

> Violence in the Workplace: Awareness **FREE!**

Understand this important workplace issue - what it is, who's affected, and what you can do about it.



Format: e-Course
Duration: 20 mins

Register:

[VIEW COURSE](#)

(opens in a new window)

Course Details

Format: e-Course

Duration: 20 mins

Language: English/French

Course Description

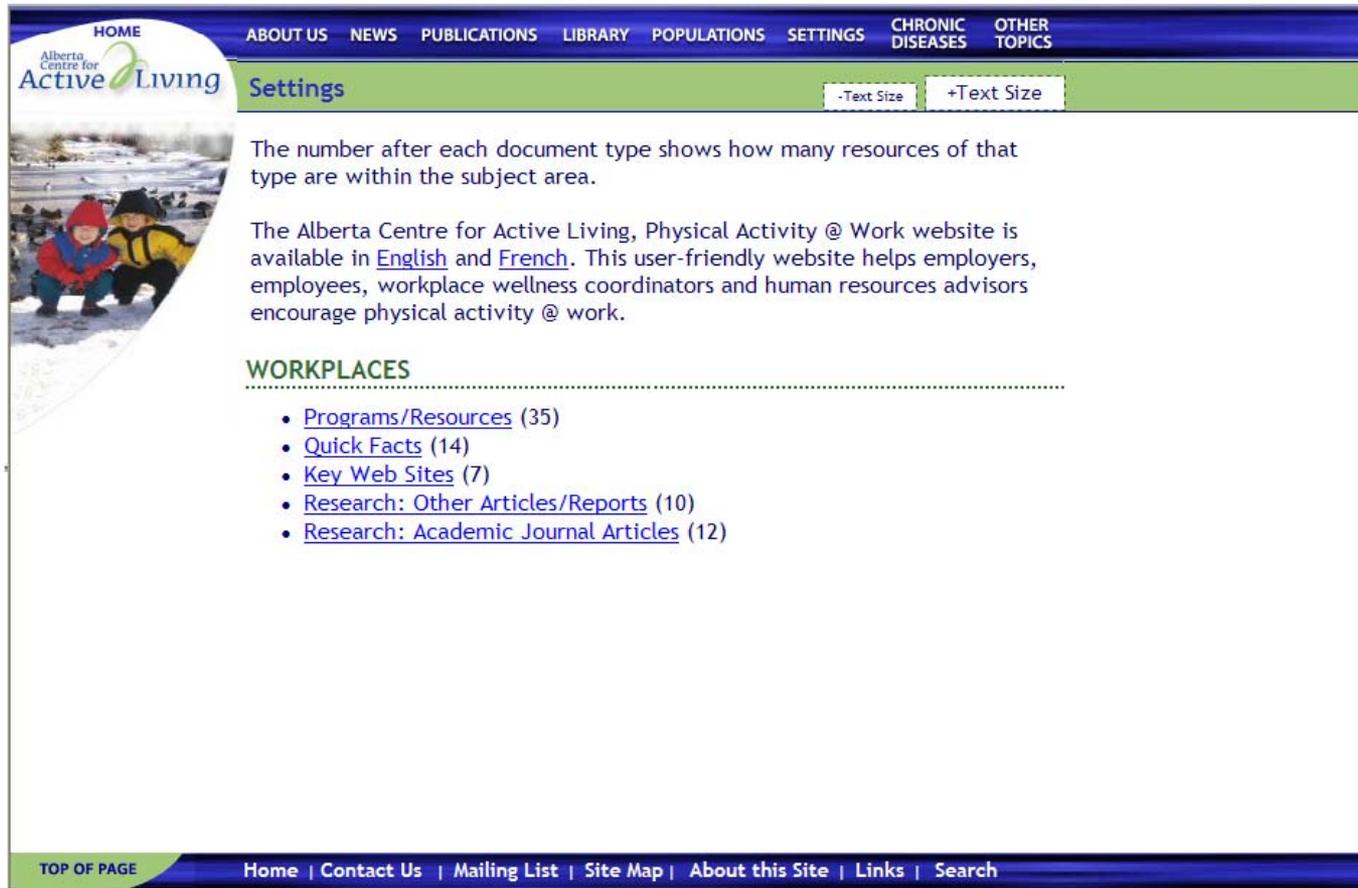
Workplace violence is a serious issue that affects all business sectors and occupations and the safety and security of every employee and employer. This course is offered **FREE** of charge by CCOHS to promote the awareness of this very important issue, and as a precursor to the other Workplace Violence e-courses: *Recognize the Risk and Take Action*, and *Establish a Prevention Program*.

http://www.ccohs.ca/products/courses/violence_awareness/

Active Living at Work

- Alberta Centre for Active Living
- Stairway to Health
- Canada's Physical Activity Guide
- OSH Answers

Alberta Centre for Active Living



The screenshot shows the website's navigation menu with options: HOME, ABOUT US, NEWS, PUBLICATIONS, LIBRARY, POPULATIONS, SETTINGS, CHRONIC DISEASES, and OTHER TOPICS. The 'Settings' page is active, featuring a green header with '-Text Size' and '+Text Size' buttons. A sidebar on the left contains the logo and a photo of two children in winter gear. The main content area includes a paragraph explaining document counts, a description of the Physical Activity @ Work website, and a 'WORKPLACES' section with a bulleted list of links and counts.

HOME
Alberta Centre for Active Living

ABOUT US NEWS PUBLICATIONS LIBRARY POPULATIONS SETTINGS CHRONIC DISEASES OTHER TOPICS

Settings

-Text Size +Text Size

The number after each document type shows how many resources of that type are within the subject area.

The Alberta Centre for Active Living, Physical Activity @ Work website is available in [English](#) and [French](#). This user-friendly website helps employers, employees, workplace wellness coordinators and human resources advisors encourage physical activity @ work.

WORKPLACES

- [Programs/Resources](#) (35)
- [Quick Facts](#) (14)
- [Key Web Sites](#) (7)
- [Research: Other Articles/Reports](#) (10)
- [Research: Academic Journal Articles](#) (12)

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

Stairway to Health

PUBLIC HEALTH AGENCY of CANADA
www.publichealth.gc.ca

Français | **Home** | **Contact Us** | **Help** | **Search** | **canada.gc.ca**

Home > Stairway to Health

 **Register NOW!** **Submit Results**

Welcome to the Stairway to Health  **Take the Stairs**

Stairway to Health

Developing a Stairway to Health Program is a fun and easy way to get employees active in the workplace.

From downloadable point of choice posters (the most effective option as indicated by research) to virtual challenges, this interactive website provides you with the tools you need to develop and manage a stairway to health program. All you need to do is register!

Did You Know?

- Physical Activity improves health. A little is good, but more is better.
- Canada's Physical Activity Guide recommends building physical activity into all aspects of daily life- at home, at work, at school, at play and on the way- that's active living.
- Daily living activities like climbing the stairs significantly contribute to the 30 minutes of physical activity we all need... everyday.
- Using the stairs burns twice as many calories as walking.
- Regular stair users have greater leg strength and aerobic capacity than non climbers.
- Taking the stairs is often faster than waiting for the elevator.

[More...](#)

Stairway to Health is a partnership between Public Health Agency of Canada and the Canadian Council for Health and Active Living at Work (CCHALW) with a special thanks to Ottawa Heart Beat.

Stairway to Health

- Getting Started
- Benefits
- Fact Sheets and Resources
- Tools
- Success Stories
- Research
- Evaluation
- Participating Organizations
- Links
- Site Map

Whats New

- Risk Management
- National case Study Pilots
- Take the Stairway to Health (powerpoint)

Features

- Interactive Tools
- Motivational Posters



- Brochure
- Calories Counter
- Hire a Student
- Program Manager Tools

<http://www.phac-aspc.gc.ca/sth-evs/english/index-eng.php>

Canada's Physical Activity Guide

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

Canada

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Healthy Living Unit

Activities you can do at work

- ★ Take stretch breaks during meetings.
- ★ Have a "walking" meeting - grab your colleague and discuss business while taking a walk.
- ★ Take the stairs. Pretend the elevator is out of service.
- ★ Post a notice near the entrance to the stairway suggesting people take the stairs and have them sign it when they do to encourage others to follow their lead.
- ★ Replace your coffee break with a walking/wheeling break.
- ★ Contract your stomach and back muscles while sitting in your chair or on the bus.
- ★ Take a brisk walk before lunch for about 10 minutes.
- ★ Try to make active living one of the goals of your work team. [See what Michel did...](#)
- ★ Roll your shoulders and stretch your neck when sitting in front of the



Navigation menu:

- ▶ HEALTHY LIVING UNIT
- ▶ CONTRIBUTION PROGRAM
- ▼ PHYSICAL ACTIVITY GUIDE
 - ▶ [What is it?](#)
 - ▶ [What do the experts say?](#)
 - ▶ [Get Active Your Way Every Day](#)
 - ▶ [Putting it all together](#)
 - ▶ [Backgrounders & News](#)
 - ▶ [Archive](#)
 - ▶ [Order Online](#)
- ▶ GUIDE FOR OLDER ADULTS
- ▶ CHILDREN AND YOUTH
- ▶ SUMMERACTIVE
- ▶ ACTIVE LIVING AT WORK
- ▶ STAIRWAY TO HEALTH
- ▶ ACTIVE TRANSPORTATION
- ▶ [Canada's Food Guide](#)

<http://www.phac-aspc.gc.ca/pau-uap/paguide/atwork.html>

CCOHS OSH Answers



Canadian Centre for Occupational
Health and Safety

Centre canadien d'hygiène et de
sécurité au travail

Canada



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Psychosocial**

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[Bullying in the
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[Employee Assistance
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[Environmental
Tobacco Smoke
\(ETS\): General
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Health Effects](#)

> Active Living At Work

[Ask a Question](#)

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[Printer-friendly](#)

What is active living?

How much activity is enough?

What are examples of some types of activities?

How do I find time to be active at work?

How can a physical activity program help your workplace?

How do you get a program started?

Where can I find more information?

What is active living?

Active living is an approach to life that values and includes physical activity in everyday living. You can find ways to be active at work, school, home, and during leisure time.

Active living is not the same as an exercise program. Active living means making physical activity part of every day life whether you are taking the stairs instead of the elevator, gardening, taking the kids or dog to the park, walking to the other building at your facility, or swimming laps in the pool.

http://www.ccohs.ca/oshanswers/psychosocial/active_living.html

Mental Health at Work

- Guarding Minds @ Work
- Mental Health at Work (Laval University)
- Mental Health Works
- Great-West Life Centre for Mental Health in the Workplace

Guarding Minds at Work



The screenshot shows the homepage of the Guarding Minds @ Work website. At the top right, there is a link for "GM@W Dashboard Login >". The logo "GuardingMinds @ WORK" is in the top left. A vertical navigation menu on the left includes: Home, What is Psychological Safety & Health?, Why is Psychological Safety & Health Important?, What is GM@W?, How to Implement GM@W?, Documents & Resources, Project Team, GM@W in the Media, Contact Us, FAQ, and Additional Resources & Links. At the bottom left of the menu is a button: "SIGN UP FOR THE GM@W DASHBOARD TO ACCESS TOOLS >". The main content area features a "Home Banner" with a photo of a diverse group of business professionals. Text on the banner reads: "Guarding Minds @ Work: A Workplace Guide to Psychological Safety & Health". Below the banner is a "Welcome to Guarding Minds @ Work" message. A large white box contains the text "START HERE: NAVIGATING THE GM@W WEBSITE". Below this is a paragraph: "There's a new idea in occupational health. This idea is psychological safety and health: safeguarding the psychological health of your workforce." and another paragraph: "Guarding Minds @ Work (GM@W) provides the following:".

<http://www.guardingmindsatwork.ca/>

Mental Health at Work (Laval University)

Contact us | OHS Links | Site map | Français

Occupational Health and Safety Management | **Mental Health at Work** | **Employee Recognition** | **Violence at Work**

Online shopping
Newsletter (subscription)

What's new ?

- Workplace Stress**
 - What is Stress
 - Symptoms of workplace stress
- The consequences of stress**
 - For the individual
 - For the Organization
- Risk factors**
 - Organizational risk factors
 - Risk factors related to the individual
- Measurement tools**
 - For the consequences of stress
 - For exposure to sources of stress
- Prevention**
 - Prevention
 - Primary prevention
 - Secondary prevention
 - Tertiary prevention
- Compensation**
 - Mental Health and the CSST

Mental Health at Work

What's new : Mental health at work | Send to a coworker | Print

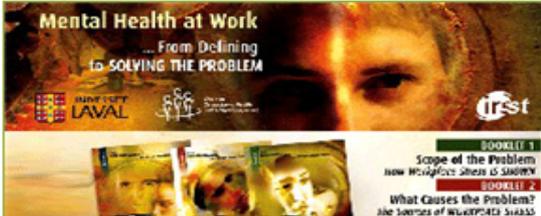
COLLOQUE IRSC 2008

3rd CANADIAN CONGRESS ON RESEARCH ON MENTAL HEALTH AND ADDICTION IN THE WORKPLACE
SEPTEMBER 5 2008, LOEWS LE CONCORDE, QUEBEC, CANADA

3e COLLOQUE CANADIEN DE RECHERCHE SUR LA SANTÉ MENTALE ET LA TOXICOMANIE EN MILIEU DE TRAVAIL
LE 5 SEPTEMBRE 2008, LOEWS LE CONCORDE, QUÉBEC, CANADA

Launching of a prevention kit for work-related mental health problems

The Université Laval's Chair in Occupational Health and Safety Management and several partners launched a prevention kit for work-related mental health problems. Entitled "Mental Health at Work...From Defining to Solving the Problem," this unique kit in Canada will allow workers and organizations to deal better with this problem which is the main reason for the increase in work absenteeism.



BOOKLET 1
Scope of the Problem
How Workplace Stress is SHOWN

BOOKLET 2
What Causes the Problem?
The Sources of WORKPLACE STRESS

<http://www.cgsst.com/eng/acceuil-sante-psychologie-travail.asp>

Mental Health Works

mental health
WORKS

Complex issues. Clear solutions.

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Training and Tools

Issues and Solutions: Managing Mental Health in the Workplace

Free webinar for a time limited offer (June 2010)

This two-hour presentation will provide practical strategies to help you identify and address mental health issues, plus resources for effective performance management.

This public service is generously supported by [Great West Life's Center for Mental Health](#) and endorsed by the [Mental Health Commission of Canada](#)

[Go to webinar.](#)



Working Through It

Stories of reclaiming well-being at work, off work and returning to work

This series of videos is designed to speak directly to people struggling with mental health issues. Real people share their experiences of working through times of mental health pressures at work, off work and returning to work.

[\[read more\]](#)



Search Site



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► Training and Tools

Order our [award-winning eLearning program, Working It Out: A Manager's Guide to Mental Health and Accommodation in the Workplace](#), and workshops for managers and employees in our Training and Tools section.

► Speakers Bureau

Book a speaker to talk to your conference or organization about mental health in the workplace. Visit our new [Speakers Bureau](#) for details.

<http://www.mentalhealthworks.ca/>

Great-West Life Centre for Mental Health in the Workplace

ENGLISH / FRANÇAIS

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FORMER LABOUR PRESS

Great-West Life Centre for Mental Health in the Workplace

UNDERSTANDING MENTAL HEALTH THE BUSINESS CASE CREATING HEALTHIER WORKPLACES RETURN TO WORK ACCOMMODATIONS THAT WORK ISSUES AND STRATEGIES WORK IN PROGRESS WORKING A WELLNESS

Welcome

The Great-West Life Centre for Mental Health in the Workplace is proud to provide you with a diversity of ideas and insights from a variety of sources. This information comes from researchers as well as from promising practices that have come to our attention. While the views and opinions expressed on this site are not necessarily the views and opinions of Great-West Life, they are provided to help you gain knowledge and insight by providing quick and easy access to resources that may help to enhance mental health in your workplace.

Please refer to our Legal & Copyright section for more information. [MORE](#)

The Return to Work

An outline of a return to work process used by Mental Health Works, which is an initiative of the Canadian Mental Health Association, Ontario.

Turning Knowledge into Action

Working Through It

Series of videos designed to help directly to people struggling with mental health issues. Real people share their experiences of working through times of mental health problems at work, off work and returning to work, and lend their important messages: 1) you are not alone, 2) there are things you can do to restore your well-being, and 3) there is hope for a better tomorrow. The great news is that the entire resource is available on the Great-West Life Centre for Mental Health in the Workplace website and is accessible free. [MORE](#)

Please help us evaluate how the Working Through It™ web resource is working for you, by completing our survey. Thanks for providing your feedback!

Guarding Minds @ Work

Guarding Minds @ Work: A Workplace Guide to Psychological Safety & Health is a collaboration between the Consortium for Organizational Mental Health (COMH) Faculty of Health Sciences at Guelph and the Great-West Life Centre for Mental Health in the Workplace in response to a growing need for employers to understand, assess and effectively address psychological issues affecting health or productivity in their particular workplace. [MORE](#)

Test your knowledge - Try our workplace mental health quiz

Test your knowledge and come up with the approaches to workplace mental health issues. Round within this week to earn your score!

This quiz complies with the HQRCode standard for trustworthy health information. [Learn More](#)

Featured Content

Addressing Workplace Violence

Research shows that people with mental illnesses are no more likely to be violent than the general population. [See Canadian Mental Health Association website!](#)

In fact, people with mental illnesses are more likely to be victims of violence if policy against violence in the workplace can help protect people who are vulnerable because of mental health issues.

The best predictor of violent or aggressive behaviour is previous violent or aggressive behaviour. It is important that there is an immediate and effective response at the first sign of violence or aggression in the workplace.

Violent or aggressive behaviour should never be tolerated in the workplace. If you suspect that the violent or aggressive behaviour is related to a mental health issue, you may want to consult with your legal advisor before engaging in disciplinary action to ensure you are in compliance with the Human Rights Act. [See Legal Framework for more information. MORE](#)

Did you know?

Mental Health Works created a customized workshop, Issues and Solutions: Managing Mental Health in the Workplace for small and medium-sized business owners across Canada. [See this free "treasure"](#) created by Mary Ann Gannon available for a limited time only. [MORE](#)

When an employee commits suicide, there are often overwhelming feelings of guilt and grief. Providing your employees with education and awareness about suicide cannot guarantee the elimination of such tragic events, but it can provide people with enough information to recognize that this [DO](#) the best they could under the circumstances. [MORE](#)

Supervisors at all levels must be trained about the importance of looking at substance abuse as a health, safety, performance and productivity issue and a drug, alcohol, gambling or other problem. Supervisors must never attempt to diagnose or treat an employee's potential addiction. Instead, they must recognize the signs and respond effectively. [MORE](#)

Night shift workers may experience depression as a result of sleep deprivation. [MORE](#)

News and Events

The Mental Health Commission of Canada launches a new website. [see homepage, February 21, 2019](#)

New Legislation Tackles Workplace Violence and Harassment. [see Monday, February 21, 2019](#)

De-escalating Potentially Violent Situations. [see Thursday, February 14, 2019, Calgary, Alberta](#)

De-escalating Potentially Violent Situations. [see Thursday, February 23, 2019, Edmonton, Alberta](#)

[SEE ALL](#) [NEW ARRIVALS](#)

We know you want practical solutions.

Contact Us

We welcome your input – let us know what information can help you improve the well-being of your employees and the business.

Newsletter Signup

Sign up for our quarterly newsletter. Stay informed!

<http://www.gwlcentreformentalhealth.com/english/index.asp?>

Institute for Work and Health

The screenshot shows the homepage of the Institute for Work and Health. At the top is a blue header with the IWH logo and tagline 'Research Excellence Advancing Employee Health'. Below this is an orange navigation bar with links for Home, About IWH, Research, Knowledge Transfer, Products, and Media Room, along with a search box. The main content area is divided into several sections: 'RESEARCH AREAS' with sub-sections for injury/illness prevention, disability management, and injury prevention tools; a 'SPOTLIGHT' section featuring a featured article on worker training; 'RECENT UPDATES' with a list of news items; and three right-hand side boxes for e-alerts, the 'at work' newsletter, and disability management resources. A 'WORK OR STUDY' section is partially visible at the bottom right.

Institute for Work & Health | Research Excellence
Advancing Employee Health

Home | About IWH | Research | Knowledge Transfer | Products | Media Room | **AAA** | Search

RESEARCH AREAS

- PREVENTING INJURY + ILLNESS**
 - Preventing MSDs
 - Effective OHS practices
 - Vulnerable workers
 - Regulation + incentives
 - Working conditions + health
- PREVENTING + MANAGING DISABILITY**
 - Return-to-work practices
 - Clinical treatment
 - Compensation + benefits
 - Measuring health + function
- INJURY PREVENTION TOOLS**
 - Participatory Ergonomics Guide
 - MSD Prevention Guideline
 - PE Blueprint
 - Evaluating Safety Programs
- DISABILITY PREVENTION TOOLS**
 - DASH Outcome Measure
 - Physicians' Network Tool Kit
 - RTW Problems Guide
 - Seven 'Principles' for RTW

SPOTLIGHT

Training affects worker practices
Workplace education and training programs have a positive effect on the safety practices of workers, concludes a new systematic review from the Institute for Work & Health.
Read more in the Winter 2010 issue of At Work

RECENT UPDATES

- COMPARING COMPENSATION SYSTEMS**
Feb. 23 - The latest Issue Briefing compares the cost of California's workers' compensation system with the provincial systems in Canada.
- OHS IN TEMPORARY WORK AGENCIES**
Feb. 8 - An IWH research team is looking for people who have done temporary work in the past two years. Workers are being asked to join in focus groups as part of a new study on health and safety and temporary work agencies.
- EFFECTIVENESS OF OHS TRAINING**
Jan. 8 - IWH's latest systematic review, produced jointly with the U.S. National Institute for Occupational Safety and Health, shows OHS training and education has a positive impact on workers' OHS practices.
- IWH JOURNAL ARTICLES**
Dec. 24 - This reference database now has the full set of 2009 peer-reviewed publications by IWH scientists. This searchable database of 563 references includes abstracts and, in some cases, access to full papers.
- IWH PLENARY - APRIL 27: CHALLENGES FACING NURSES IN RTW**
IWH Post-doc fellow Laurie Clune will discuss the RTW processes in hospitals through the experiences of injured registered nurses.
- CARWH 2010: REGISTER NOW!**
Registration is now open for the 2010 Canadian Association for Research on Work and Health (CARWH) Conference in Toronto. The conference, hosted by IWH, runs May 28-29, 2010.
- LATEST RESEARCH HIGHLIGHTS**

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WORK OR STUDY

<http://www.iwh.on.ca/>

Workplace Health Promotion Resources database

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


Canadian Centre for Occupational Health and Safety
www.ccohs.ca

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Follow CCOHS on:

> Workplace Health Promotion Resources *FREE!*

Increase understanding of workplace health processes for program planning with this diverse collection of workplace health information.

 Format: Web

[Sample Record Search](#)

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Product Description

The Workplace Health Promotion Resources database provides comprehensive coverage of workplace health information. It includes references to reports, articles, organizations, conference proceedings, and consumer health materials. The referenced documents were identified by staff at The Health Communication Unit, Centre for Health Promotion, University of Toronto between the fall of 2001 and spring 2003 as part of a project undertaken for the Ontario Ministry of Health and Long-term Care.

References are in English only. Most records have subject keywords and abstracts.

Database Highlights

- Diverse sources for workplace health information, includes website, organizations, manuals, research studies, reviews, etc.
- Unique source of workplace health information.
- Includes materials helpful for an understanding of workplace health processes and for program planning.

For more information about the database, please contact The Health Communication Unit at the Centre for Health Promotion, University of Toronto at <http://www.thcu.ca/>.

Date Modified: 2009-10-01 [Top of Page](#) [Important Notices](#)

<http://www.ccohs.ca/products/databases/workplacehealth.html>

OSH References

CCOHS
Canadian Centre for Occupational Health and Safety
Canada's National Occupational Health & Safety Resource

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

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OSH References Collection Search

You must have an annual subscription to view the records that result from this search. Not yet a subscriber?? Please contact [CCOHS Client Services](#).

[HELP ?](#) [Subscriber Extra!](#)

Examples: "indoor air quality" or IAQ
Ramazzini B
ergonomic and mouse
"2,4-D" and cancer*

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<input checked="" type="checkbox"/> NIOSHTIC	<input checked="" type="checkbox"/> NIOSHTIC-2	<input checked="" type="checkbox"/> CISILO (English)	<input checked="" type="checkbox"/> Canadiana

Date Limit: ▾

▼ Popular Searches **NEW!**

Below are links to searches which give a sample of references on popular OH&S topics. Check back here often as we frequently update the OSH References collection.

[Ergonomics](#)
[Fitness Programs / Lifestyle](#)
[Global Harmonization System \(GHS\)](#)
[Mould](#)
[Pandemic Planning](#)
[Stress Management](#)
[Work Life Balance](#)
[Universal Precautions](#)

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<http://ccinfoweb.ccohs.ca/bibliographic/search.html>

Networking Tools

- Discussion Groups & Online Forums
 - HS-Canada (CCOHS)
 - Workscape (CCOHS)
- Blogs
 - Internet journals (weblogs)
 - Useful for current awareness
 - May be editorial/opinion-based on topics of interest to blog author(s)
 - Be careful to verify information derived from blogs
- Social Media
 - Twitter, Facebook

Workscape



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Welcome to Workscape.

Thanks for checking out Workscape! This community and its boards are for the discussion of workplace health and safety. If this is your first visit to Workscape, be sure to check out the [FAQ](#) by clicking the link above. You'll have to [register](#) before you can post: click the register link above to proceed. We'd love to have you join us as a fellow Workscaper! No registration is required to view messages. Simply select the forum that you want to visit from the selection below.

Board	Last Post	Threads	Posts
Announcements / Communiqués			
Board Announcements / Communiqués du forum de discussion Information and updates regarding Workscape are posted here / Les renseignements et les mises à jour se rapportant à Workscape sont regroupés ici.	How to add an attachment by admin 12-11-2008 10:07 AM	6	6
Workplace Health and Safety / Santé et sécurité au travail			
Chemical Safety / Sécurité chimique Chemical hazards, product safety, WHMIS, MSDSs, transport of hazardous materials, toxicity, safe work practices / Risques chimiques, sécurité des produits, SIMDUT, FS, transport de matières dangereuses, toxicité, méthodes de travail sécuritaires.	WHMIS Changes on the Horizon by Lynda 11-19-2009 11:51 AM	10	36
Ergonomics / Ergonomie Workplace design and considerations, risks, work-related musculo-skeletal disorders, exercises / Conception, aménagement et autres questions concernant un poste de travail, risques, troubles musculosquelettiques liés au travail, exercices.	Risks of Sitting Too Long by Lynda Today 03:12 PM	8	26
General Health and Safety / Questions générales de santé et de sécurité (4 Viewing) Health and safety committees, OH&S management systems, return to work, and anything else that doesn't fit in the other Forums / Forums de santé et de sécurité au travail, systèmes de gestion de la SST, retour au travail et toute autre question ne relevant pas d'un autre forum de discussion.	Warehouse Racking Inspections by RodT 03-22-2010 04:42 PM	86	294
Healthy Workplaces / Lieux de travail sains Wellness, health promotion, fitness, work/life balance, EAPs, stress, harassment, violence prevention / Bien-être, promotion de la santé, condition physique, équilibre travail/vie familiale, PAE, stress, harcèlement, prévention de la violence.	Photography Contest- 2010... by Lynda 03-25-2010 08:20 AM	15	25
Legislation & Compliance / Législation et conformité Canadian health, safety and environmental legislation, amendments, responsibilities, regulatory compliance / La santé au Canada, législation touchant la sécurité et l'environnement, modifications apportées, responsabilités, conformité à la réglementation.	Amendments to Canadian OH&S R... by admin 04-06-2010 10:28 AM	39	75
Extreme Heat Events / Épisodes de chaleur accablante With climate change, we can expect more frequent, severe & longer duration extreme heat events (EHEs). Discuss about managing these risks here. / Étant donné les changements climatiques que nous observons, nous devons nous attendre à des épisodes plus fréquents et plus longs de chaleur accablante. Examinez la question de la gestion de ces risques.	Never	0	0
Notices / Avis			
Job Postings / Avis d'emplois vacants (1 Viewing) Job listings and opportunities in occupational health and safety / Listes d'emplois vacants et de postes à combler dans le secteur de la santé et de la sécurité au travail.	Health and Safety Officer ... by admin 04-07-2010 11:11 AM	67	71

<http://www.workscape.ca/>

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Get short, timely messages from CCOHS.
Twitter is a rich source of instantly updated information. It's easy to stay updated on an incredibly wide variety of topics. **Join today** and **follow @CCOHS**.

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 **CCOHS**

Name CCOHS
Location Hamilton, ON, Canada
Web <http://www.ccohs.ca>
Bio We're Canada's national resource for the advancement of workplace health and safety. This account is maintained by the Communications department.

307 following 623 followers 62 listed

Tweets 257

Favorites

Following

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 **RSS feed of CCOHS's tweets**

RT @CSSE: "Walk honours workplace deaths" <http://bit.ly/bfc8ti>
6:46 AM Apr 6th via TweetDeck

If done regularly & supplemented by aerobic activity, these back exercises will help you stay healthy. <http://bit.ly/9A7rIP>
6:13 AM Apr 6th via bit.ly

Downside of sitting on our backsides: the risks of sitting too long <http://bit.ly/cfpeQZ>
9:10 AM Mar 31st via TweetDeck

Push, pull, move, slide... know your limits when it comes to manual materials handling <http://bit.ly/dCLOP9>
5:26 AM Mar 30th via bit.ly

Photo contest: Healthy workplaces: My Work, My Health via @pahowho - Enter by March 31
8:09 AM Mar 25th via TweetDeck

New podcast on workplace violence: how to protect employees & the new requirements under Ontario Bill 168 <http://bit.ly/1jsrM6>
5:36 AM Mar 24th via TweetDeck

Lights can flicker, whether you see it flash or not. Knowing more can save you a headache, literally. <http://bit.ly/aQe58q>
5:24 AM Mar 23rd via bit.ly

Job Opportunity: Health and Safety Specialist at CCOHS <http://bit.ly/dm4y2v> #hamilton #osh #careers
12:35 PM Mar 18th via TweetDeck

We're seeking a Communications Officer at CCOHS <http://bit.ly/hCVCDF> #hamilton #safety #inhs

<http://twitter.com/CCOHS>

Evaluating E-Health Info

- Is the resource credible?
- Is the content suitable?
- Is the information relevant to you?
- Is the resource timely?
- Is there clear disclosure?
- Is the site user-friendly?

Health on the Net Foundation

The screenshot shows the Health On the Net Foundation website. At the top, there is a blue banner with the HON logo and the text "Health On the Net Foundation Non Governmental Organization Medical information you can trust!". Below the banner, there are navigation links for languages (EN, FR, DE, SP, PL, CN) and a speech control (A | SPEECH: ON / OFF More info? |). The main navigation bar includes "HONcode" and three tabs: "PATIENT / INDIVIDUAL", "MEDICAL PROFESSIONAL", and "WEB PUBLISHER". Below the tabs, there are links for "HONcode", "HONsearch", "HONtools", and "HONtopics". A search bar is present with the text "Trustworthy health sites" and a "Search" button. The main content area is titled "The HONcode in brief" and includes a link "> Apply for certification". The content is organized into five numbered sections, each with a brief description and a link to the "complete version":

- 1. Authoritative**
Indicate the qualifications of the authors
> complete version
- 2. Complementarity**
Information should support, not replace, the doctor-patient relationship
> complete version
- 3. Privacy**
Respect the privacy and confidentiality of personal data submitted to the site by the visitor
> complete version
- 4. Attribution**
Cite the source(s) of published information, date and medical and health pages
> complete version
- 5. Justifiability**
Site must back up claims relating to benefits and performance

On the left side, there is a sidebar with a search bar and a list of language options under "HONcode principles": العربية, پارسی, Bahasa Melayu, Català, 简体中文, 繁體中文, Āesky, Dansk, Deutsch, and English.

<http://www.hon.ch/HONcode/Conduct.html>

Any Questions?

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