



Reduce harmful work stressors.
Improve job quality and health.

Principles of HEALTHY WORK

Physical environment

- Freedom from physical harm



Psychosocial environment

- Enhance job control
- Manageable demands
- Eliminate job strain
- Job security
- Job rotation or enrichment
- Supervisor support
- Co-worker support
- Balance efforts with rewards
- Work-life balance
- Recognize emotional labor



Organizational culture/climate

- Organizational justice
- Reduce incivility



Work organization

- Limit precarious work
- Minimize shift work
- Limit long work hours



Rewards/benefits

- Fair pay/living wages
- Provide adequate sick leave, vacation time
- Adequate health insurance for all

