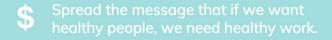


## Reduce harmful work stressors. Improve job quality and health.

## HEALTHY WORK Agenda for Individuals



- Healthy work can prevent illness and early death.
- Healthy work reduces the cost of healthcare and increases well-being.
- Reduce common work stressors (sources of stress at work) to improve health and create a healthy workplace.



- Challenge the culture of long work hours and expecting people to be available to work 24/7 by demanding fair pay, flexible work schedules and respect for our non-work roles.
- Discredit the message: "Be glad you have a job. If you don't like it, leave."
- Call for policies preventing workplace bullying, sexual and other harassment, retaliation, or discrimination.



- Use the survey at stressassess.ca (personal edition) to identify stressors in your workplace or job.
- Check out the Healthy Work Tools for Individuals (in progress) for ideas about what you can do and others are doing collectively to change unhealthy work.
- Support public policy or laws (e.g., family leave laws) that encourage employers to change work practices and policies to create healthy work.



- Look for, and participate in, opportunities to make decisions about your job and workplace that aim to create healthy work.
- Fight for and support workers' rights to act together, join a union, and bargain with employers about healthy working conditions.
- Support or join worker-owned businesses and co-operatives.



- Learn about health and safety regulations (e.g., for chemical and safety hazards, ergonomics, right-to-know) and how to report violations with OSHA.
- Support the movement to include work stressors as a hazard in state and national regulations, as other countries do.

Spread the message.







