HEALTHY WORK HEALTHY PEOPLE

Reduce harmful work stressors.
Improve job quality and health.

HEALTHY WORK
Agenda for Individuals

$ Spread the message that if we want healthy people, we need healthy work.

- 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.

Change the culture of work in the U.S.

- 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.

Change the organization of work in the U.S.

- 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.

Strengthen the American worker's voice and labor power 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.

Advocate for, and support, enforcement of existing health and safety regulations and expanding them to include "healthy work" guidelines.

- 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.

Visit healthywork.org for more info.