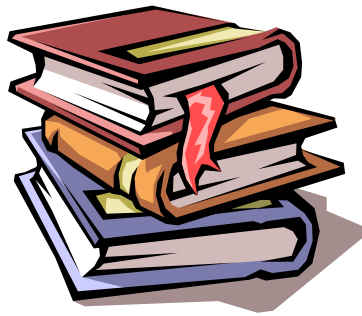


Chapter 5: Resources



Resources

The purpose of this section is to link you to resources that will be useful while building a healthy workplace, regardless of which healthy workplace model you use as your vehicle for comprehensive workplace health promotion.

Where to Find Support

At various points on your journey to building a healthy workplace, you may want to access the expertise of a consultant, facilitator, or perhaps information on services available for workplaces in Hamilton. The following resources will help you find the support you need.

Free Consultation

[City of Hamilton Public Health Services, Healthy Workplace](http://www.hamilton.ca/workplace)
(<http://www.hamilton.ca/workplace>)

Public Health Services healthy workplace services are free and directed to those people who influence employee health and wellness in the workplace. We can help:

- Demonstrate the value of being a healthy workplace
- Develop a customized action plan for creating a healthy workplace
- Offer resources, education and networking opportunities
- Modify the work environment to make the healthy choice the easy choice

For more information, contact a Workplace Health Promotional Specialist at workplace@hamilton.ca or 905-546-2424 ext. 3065 or 7218.

Directories

[2005 Healthy Workplaces: Community Resource Directory](http://doitwell.ca/pages/projects/Workplaces/Workplace+Resources.html)
(<http://doitwell.ca/pages/projects/Workplaces/Workplace+Resources.html>)

Community service and program information at your finger tips! Healthy Workplaces: Community Resource Directory (formerly the Corporate Health Directory) has been updated. The directory is a quick resource guide of contacts in the community that can support your workplace with health and wellness information

[Your Ontario Health and Safety System](http://www.wsib.on.ca/wsib/wsibsite.nsf/LookupFiles/DownloadableFileYourOntarioHealthandSafetySystem/$File/HSSG.pdf)
([www.wsib.on.ca/wsib/wsibsite.nsf/LookupFiles/DownloadableFileYourOntarioHealthandSafetySystem/\\$File/HSSG.pdf](http://www.wsib.on.ca/wsib/wsibsite.nsf/LookupFiles/DownloadableFileYourOntarioHealthandSafetySystem/$File/HSSG.pdf))

This booklet contains the names, mandates, and contact information for Health and Safety Way organizations in Ontario. To order a copy call 1-800-663-6639 or download the PDF free of charge.

Hamilton Human Resources Services Directory

(<http://www.htab.ca/publications/HTAB%20Directory-bookmarked.pdf>)

A “how to” guide and directory of human resources services in Hamilton and surrounding area. An indispensable resource for every employer planning the future success of his or her business.

Events

Canada's Healthy Workplace Week

(<http://www.healthyworkplaceweek.ca/>)

Canada's Healthy Workplace Week is a yearly celebration of workplace health in Canadian organizations. The official website of the week highlights both events and resources. The website [healthyworkplaceweek.ca](http://www.healthyworkplaceweek.ca) has ideas for any type of organization seeking to enhance its success through promoting the well-being of employees and a healthy workplace environment.

- If your organization is new to workplace wellness, this week could be an opportunity to get started (there is a section on the website with some helpful tips) and to learn from other workplaces.
- If your organization has already started a workplace health initiative, then this week could be the ideal time to expand on your initiative and celebrate what you have accomplished.
- If you are a workplace health professional, the website has lots of strategies that you can use with the organizations you work with.

The Canada's Healthy Workplace Week website is available as your one-stop, year-round resource for workplace health.

During Canada's Healthy Workplace Week, workplace health initiatives are happening locally. Call your local public health unit to find out what is happening in your area!

Workplace Resource Library

Healthy workplace resources are available for loan free of charge. To view available resources visit <http://doitwell.ca/pages/projects/Workplaces/Workplace+Resources.html>.

Educational and Networking Opportunities

Healthy Workplace Innovation Series

(<http://doitwell.ca/pages/projects/Workplaces/Healthy+Workplace+Innovation+Series.html>)

The Healthy Workplace Innovation Series consists of 3 to 4 half-day sessions per year. Each session features a compelling combination of keynote speakers, small group discussions, and

displays. To date 48 workplaces have participated in the series. Recent evaluations reflect 97% participant satisfaction with the experience and confidence that learnings can be applied to the workplace.

Health, Work and Wellness Conference

(www.healthworkandwellness.com)

The Health, Work and Wellness conference intends to help professionals build the business case for workplace health in their own organizations and/or with organizations that they work with. Speakers provide the latest research, success stories in other businesses, tools and strategies to help delegates with the work they are doing with their organizations. The program is developed through focus groups and surveys each year to determine what the biggest workplace issues are that year in order to address these issues at the conference. A peer review process is used for determining speakers. Each submission is reviewed by a panel of experts in workplace health - researchers and practitioners -- before being accepted. For those professionals who are advising clients on workplace health issues, this is the best opportunity in Canada for them to have direct access to researchers, practitioners, successful influencers, educational opportunities, tools and resources in the field of organizational health. Education credits are given for the conference, so for any public health nurse or other professional needing credits from their respective professional associations, this is available¹.

Listservs

Healthy Workplace Bulletin

Healthy Workplace Bulletin is an informal e-mail written by City of Hamilton Public Health Services staff, which is sent approximately once a month. The e-mail highlights upcoming events, updates, resources related to healthy workplace. Please contact workplace@hamilton.ca to be added to the distribution list.

Health @ Work

Health @ Work is an informative (but "light") e-bulletin written by the [Canadian Centre for Occupational Health and Safety](http://www.ccohs.ca) (www.ccohs.ca) staff, which is sent approximately every 8 weeks. This e-bulletin contains information on workplace health promotion, the latest news from Canadian Health Network (CHN), information from fellow network contributor partners, announcements, and tid-bits such as useful web site addresses, conference notices, and other interesting material. Please contact chn@ccohs.ca to be added to the distribution list.

New and Events At NQI (National Quality Institute)

Join the NQI distribution list and find out about upcoming news and events. To join, create a [profile](http://www.nqi.ca/myprofile.aspx?create=yes&pageURL=%2fprofile.aspx) (<http://www.nqi.ca/myprofile.aspx?create=yes&pageURL=%2fprofile.aspx>).

WorkEnvironment e-news

(<http://www.grahamlowe.ca/subscribe.html>)

A monthly email newsletter created by the Graham Lowe Group Inc. It provides practical knowledge about how to create healthy, innovative and productive work environments. Each

issue offers original synthesis and commentary on the latest research, thinking and practices focused on creating better work environments.

Newsletters & Publications

[Benefits Canada](http://www.benefitscanada.com/) (<http://www.benefitscanada.com/>)

Benefits Canada is a publication written primarily for the sponsors of group benefits and pension plans and is published 12 times a year.

[Canadian Healthcare Manager](http://www.chmonline.ca/chmonline/) (<http://www.chmonline.ca/chmonline/>)

Canadian Healthcare Manager is an integrated healthcare magazine that is published seven times a year.

[Canadian HR Reporter](http://www.canadianhrreporter.com/home/default.asp) (<http://www.canadianhrreporter.com/home/default.asp>)

Canadian HR Reporter is published 22 times a year and offers readers the most current news, information on the latest trends and practices, expert advice, experiences and insights from HR practitioners, research and resources.

[OASIS](http://www.stresscanada.org/news.html) (<http://www.stresscanada.org/news.html>)

OASIS is a free newsletter by the Canadian Institute of Stress, which provides updates on new content, events, and services.

[Wellness Letter](http://www.berkeleywellness.com/) (<http://www.berkeleywellness.com/>)

The Wellness Letter is an 8-page newsletter translates leading-edge research into practical information for daily living edited by the experts at the University of California, Berkeley School of Public Health.

[Work Channel](http://www.workchannel.com/) (<http://www.workchannel.com/>)

workchannel.com contains information on the Canadian workplace. The content changes daily.

Websites

[Calendar of Health Related Days](#)

Health Canada has listed health-related days with corresponding websites.

[Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)

This website is dedicated to providing employers, employees and practitioners, free and easy access to one of the most comprehensive collections of credible resources in Canada for creating and promoting healthy workplaces.

[Canadian Health Network: Workplace Health](http://www.canadian-health-network.ca) (www.canadian-health-network.ca)

Credible and practical health information. Articles, links, and frequently asked questions on workplace health.

[Canadian Policy Research Networks, Inc.](http://www.cprn.org) (<http://www.cprn.org>) Access research publications on the workplace.

[The Graham Lowe Group](http://www.grahamlowe.ca/) (<http://www.grahamlowe.ca/>) Access articles, reports and presentations on workplace health.

[Healthy Living Hamilton: Workplace](#)

Access free resources, information on upcoming educational and networking opportunities, and find out how to become a member of the Workplace Workgroup.

[The National Quality Institute](#)

Articles and information on courses, resources, awards and memberships to help Canadian organizations to achieve excellence.

[The Workplace Health Bureau](#)

Workplace health, links with other federal and provincial stakeholders, workplace health systems models. Free resources are available on this website.

¹ Jones, D. (personal communication, June 2, 2003)