

October Is Healthy Workplace Month in Canada



In addition to being Occupational or Global Ergonomics Month, October is also [Healthy Workplace Month](#) in Canada. The key goal of this month is to increase awareness of a comprehensive approach to workplace health that involves three elements of a healthy workplace:

- Health and lifestyle practices
- Workplace culture and a supportive environment
- Physical environment and occupational health and safety.

Each week has a specific focus:

[Week One: Being Well.](#) The focus this week is on various ways to be healthy physically, such as exercising, washing your hands, sleeping enough and addressing workplace hazards. (See, [The 4 Elements of a Workplace Hygiene Program.](#))

[Week Two: Feeling Well.](#) This week focuses on mental health and having a [psychologically healthy and safe](#) workplace.

[Week Three: Eating Well.](#) This week's focus is obvious and much needed'after all, 52% of Canadians are either obese or overweight. (Here are [10 tips for cutting the connections between work conditions and obesity.](#))

[Work Four: Connecting Well.](#) In the last week, the focus shifts to the value of fun, social connections and activities such as volunteering.

The [Healthy Workplace Month](#) website has many resources you can use this month to address the above topics in your workplace. The OHS Insider also has resources on making workplaces and workers more healthy.