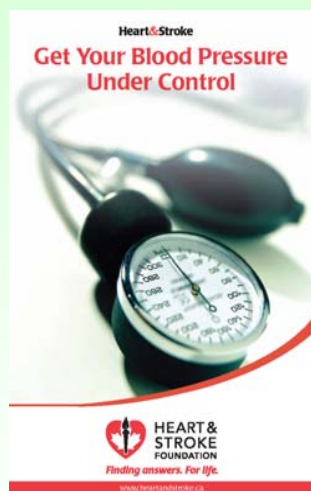


June is Stroke Month

The following websites have information that you can access to develop workplace health promotion activities or to order resources.

**Heart and Stroke
Foundation of Ontario**
www.heartandstroke.on.ca



**Champlain Regional Stroke
Program**
www.champlainstrokecentre.org
**University of Ottawa Heart
Institute**
www.ottawaheart.ca/UOHI/

Help Employees Keep Kids Safe

Do you want to order some great free resources to distribute at this year's company picnic or barbeque? Visit Safe Kids Canada website at www.safekidscanada.ca to order brochures, bumper stickers and other promotional materials on the 2008 theme of pedestrian safety.

Do You Think Your Workplace is Heart Healthy?

If you answered yes, why not nominate your workplace for the Healthy Living Partnership Workplace Award! This award recognizes organizations in Renfrew County, in the private or public sector, that have been instrumental in promoting heart health to their fellow employees by implementing health programs and/or initiating workplace policy change. To nominate your workplace, complete the insert.

Healthy Living
PARTNERSHIP
Eat smart. Be active. Clear the air.

Featured Workplace

Ministry of Natural Resources - Pembroke

The Ministry of Natural Resources is an excellent example of a workplace that has developed a sun safety policy. Their "Skin and Eye UV Radiation Protection Guideline" incorporates all four elements of comprehensive workplace health:

- **awareness raising** – the policy outlines general information on ultraviolet radiation, the UV index, sun protection actions and health risks associated with UV exposure.
- **education/skill building activities** – sun safety awareness training for employees which includes reviewing the guideline.
- **environmental support** – provision of sunscreen, UV blocking safety glasses, reimbursement for the purchase of wide-brimmed hats and alternative scheduling for outdoor work when possible.
- **policy** – illustrated by the development and enforcement of the sun safety guidelines.

Great Job Ministry of Natural Resources!



Daryl Coulson, district ecologist and Krista Watters, an area forester, are shown wearing sun safety gear on-the-job.

For resources or for program information call Theresa Mann, Public Health Nurse, at 613-432-5853 or 1-800-804-0772 or visit our website at www.rcdhu.com.



HEALTH FOR ALL WORKPLACES

Produced by Renfrew County and District Health Unit

"Health Promotion Strategies for Managers & Occupational Health & Safety Staff"

SUMMER 2008

ABOUT THE HEALTH UNIT

We support workplace personnel and local trade and business associations to improve awareness, develop skills and to improve work environments, as mandated by the Ministry of Health and Long Term Care.

These initiatives are aimed at:

- reducing the risk of chronic diseases,
- preventing alcohol and other substance abuse,
- supporting healthy pregnancies and breastfeeding in the workplace.

We offer consultation and assistance with policy development and health promotion programs. Resources on the following topics are available:

- Healthy Eating
- Healthy Weights
- Physical Activity
- Tobacco-free Living
- Stress Management
- Injury and Substance Abuse Prevention
- Immunizations
- Breastfeeding in the Workplace
- Healthy Pregnancy

INSERTS

- Workplace Wellness Challenge poster
- Healthy Living Partnership Workplace Award form

The Renfrew County and District Health Unit is pleased to present **Health For All Workplaces**, a newsletter for workplace managers and occupational health and safety staff. We hope that you find it useful and welcome your comments and feedback. Enjoy!

Health Unit Workplaces Staff



Are Your Employees Outside For Work or Play? Skin cancer is the Most Common Cancer in Ontario

Employees who are regularly exposed to the sun for long periods of time have an increased risk of developing skin cancer according to the Canadian Dermatology Association (CDA).

Management and staff each have a role to play to ensure sun safe practices are carried out in the workplace.



The Canadian Dermatology Association has recently developed several resources on sun safety program including current workplace legislation and how to develop a sun safety policy. There is also a DVD with information on sun safety and skin cancer for outdoor workers. To order these and other resources visit www.dematology.ca.

Physical Activity @ Work

- ♥ Workplace physical activity programs can reduce sick leave by up to 32% and increase productivity by up to 52%.
World Health Organization, Southern Australian Workplace Physical Activity resource Kit
- ♥ “Forty-five percent of working Canadians feel that employer support of employee physical activity would help them be more active.”
Canadian Fitness and Lifestyle Institute, Physical Activity Monitor

Improve your employees' health by bringing physical activity into the workplace. Since Canadians spend so much time at work, it's a good place to promote physical activity.

Need some ideas on how to start and promote physical activity at your workplace? Visit the Alberta Centre for Active Living's new resource "*Physical Activity @ Work*" at www.centre4activeliving.ca/workplace/. This website provides:

- ♥ the health and cost benefits of physical activity in the workplace
- ♥ information to plan physical activity initiatives
- ♥ a planning guide, practical tips and success stories
- ♥ tools to help employees increase physical activity (e.g. "Stretching at Your Desk" video)



SummerActive

May 8 – June 20, 2008

To register for the Workplace Challenge, download & print a form from www.prontario.org/SummerActive/SA2008-workplacechallenge.pdf.

Receive promotional materials, pedometers, ACTIVE2010 Walking Guides and support information.



Don't Miss the Third Annual Workplace Challenge October 20 – 26, 2008

Motivate your employees to increase their physical activity by entering the 2008 Workplace Challenge scheduled for Canada's Healthy Workplace Week. Workers track their physical activity and try daily challenges over a period of five days. All employees can participate regardless of their physical activity level, ability or hours of work. All businesses registered in the challenge will also compete against each other.

Renfrew County and District Health Unit awards a prize to the large (80 employees and over) and small (1-79 employees) workplace that has the highest percentage of participants. In the 2007 Challenge many workplaces planned innovative events over the week, such as belly-dancing demonstrations and poker walks, in an effort to have as many employees as possible involved. See enclosed insert to register.



HEALTH FOR ALL EMPLOYEES...

Keeping Tobacco Out of Sight... Out of Mind

The new ban on retail displays means children and others are no longer exposed to tobacco industry advertising near corner store cash registers. Eliminating the PowerWalls also prevents temptation for adults who have made the decision to quit smoking. This ban restricts how tobacco products can be displayed, handled and promoted in retail stores. For more information on the tobacco display ban visit www.SmokeFreeEast.ca.

On May 31, 2008
tobacco retail displays
will be banned in the
province of Ontario.



Get Up, Go out! Be SummerActive

SummerActive 2008 runs from May 8th to June 20th. During this time, community leaders organize and promote events and programs that encourage Canadians to live healthier lives. On the SummerActive website at www.summeractive.ca you can search and register for events happening in your own community. You can also register your own individual health living efforts on this website for a chance to win prizes.

How to stay active this summer:

- visit the Alberta Centre for Active Living's new "*Physical Activity @ Work*" resource at www.centre4activeliving.ca/workplace/.
- discover a Renfrew County trail or route at www.valleyexplore.com for leisure activities.



ValleyExplore.com



Walk



Bike



Drive



XC Ski



Canoe



Waterfalls

PLEASE POST THIS PAGE FOR EMPLOYEES



Renfrew County &
District Health Unit