

Websites

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

Tobacco

National Non Smoking Week
www.NNSW.ca

Smoke Free East
www.smokefreeeast.ca

Smoker's Helpline Online
www.smokershelpline.ca

Stress

Business & Economic Plan for Mental Health and Productivity
www.mentalhealthroundtable.ca

Canadian Centre for Occupational Health & Safety
www.ccohs.ca

Canadian Health Network Workplace Health Centre
www.canadian-health-network.ca

National Quality Institute
www.ngi.ca

Sun Safety

Canadian Cancer Society
www.cancer.ca

Canadian Dermatology Association
www.dermatology.ca

Travel Information

www.travmed.com
www.phac-aspc.gc.ca/tmp-pmv/index-eng.php
www.voyage.gc.ca/



Are Employees Stressed Out Over the Holidays?

If this applies to your workplace, you are not alone:

- 15% of Canadians get the “winter blues”
- 50% of the top 10 illnesses are related to lifestyle practices and workplace stress
- Post-Christmas bills can cause stress that affects work performance.

Stress can also affect your company financially:

- Absenteeism of stressed, anxious or depressed employees costs the company \$9,919.70 per employee per year.
(Ipsos Reid Survey 2007)

You can help your employees manage their stress:

- Attend a Renfrew County and District Health Unit “**Stress Management Train the Trainer**” workshop designed for workplace managers and occupational health and safety staff. Each attending workplace receives a “Stress Management Train the Trainer” manual as well as a CD containing various stress management presentations. Trainees are then able to adapt and provide stress management sessions in their respective workplaces. Contact Theresa Mann, Public Health Nurse, at 613-432-5853 or 1-800-804-0772 for more information.
- If your workplace has access to an employee assistance program, encourage employees to use it. You also may wish to contact the employee assistance provider yourself to obtain general information to give to employees.
- There are also many excellent websites containing stress management resources. Several of these are listed in the **Website** column to the left.

Although stress levels may be increased among employees at this time of year, there are many resources available to assist you to help them cope with the extra pressure.



Sources: Lisa Beaudoin, *How Mental Health Issues Impact Your Business*, City of Hamilton Public Health Services, Spring 2008
Simcoe Muskoka District Health Unit *Balanced Workplace Health – Business Case Presentation*
Simcoe County Workplace Wellness Network, *The Key to a Healthy Workplace*, 2001



HEALTH FOR ALL WORKPLACES

Produced by Renfrew County and District Health Unit

“Health Promotion Strategies for Managers & Occupational Health & Safety Staff”

WINTER 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

- “STOP on the Road” Workshop Poster
- Revised Health Promotion Display List 2008

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

Barry's Bay Area Workplaces 2008 Champions!

The third annual Workplace Wellness Challenge took place from October 20 -26. This event challenged all workplaces to encourage employees to be more physically active. Once again, many workplaces offered extra activities and incentives to motivate employees to participate. For example, St. Francis Memorial Hospital moved to the Merengue and the Marcerana while the Community Resource Centre staff walked to all their errands for the week. The Renfrew County and District Health Unit presented Workplace Wellness Tool Kits and plaques to the large (80 and over employees) and small (1-79 employees) workplace that had the highest percentage of employees take part in the challenge.



St. Francis Memorial Hospital
Barry's Bay
Large Workplace Winner

Community Resource Centre
Killaloe
Small Workplace Winner

Congratulations to all workplaces that took the challenge!



WISHING YOU A SAFE & HEALTHY NEW YEAR!

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.

Help Your Employees Quit Smoking

The following resources and events may help you assist employees who would like to quit smoking:

1. "STOP on the Road"

Renfrew County and District Health Unit is partnering with the Centre for Addiction and Mental Health (CAMH) to offer STOP study (Smoking Therapy for Ontario Patients) workshops. Potential participants can call 613-735-8666 or 1-800-267-1097 Ext 666 to determine eligibility for the programs. Eligible participants can attend a workshop where they receive five weeks of free Nicotine Replacement Therapy (NRT), in addition to education and support to facilitate a quit smoking attempt.

Locations/Dates/Times of Workshops (*eligible participants can choose between two locations*):

Pembroke January 7, 2009 6:00 - 9:00 p.m.
Renfrew January 8, 2009 1:00 - 4:00 p.m.

2. Driven To Quit Challenge

Watch for the **2009 Driven to Quit Challenge** which will launch early in the New Year.

3. Smokers' Helpline

Have employees call Smokers' Helpline at 1-877-513-5333 or visit www.smokershelpline.ca for individual support, advice and information about quitting smoking.

4. National Non-Smoking Week (NNSW) – An opportunity to encourage smokers to quit

Date: January 18 to 24, 2009

Theme: "What Have You Got To Lose?"

This year's theme focuses on smoking related fire deaths, which account for approximately 50% of all loss of life due to fires in the home. NNSW posters and fact sheets are available at www.NNSW.ca.

5. "Smoking Cessation for Future Facilitators"

This workshop will provide key elements in smoking cessation intervention for those interested in leading a group-based smoking cessation program.

Date: February 24, 2009

Time: 8:30 a.m. to 4:00 p.m.

Location: Renfrew County and District Health Unit - Pembroke Office

Cost: Free (lunch, refreshments and program materials are provided to participants)

Registration: Visit www.ptcc-cfc.on.ca.

This workshop is offered by the Program Training and Consultation Centre (a resource centre of the Smoke Free Ontario Strategy).

Please post the enclosed flyer to promote this opportunity for your employees to access free nicotine replacement therapy (NRT).

Healthy Living Partnership Workplace Award

There is still time to nominate your workplace for this award. It 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 and/or initiating workplace policy change. Call Brian Brohart, Health Promoter at 613-735-8653 Ext. 545 or 1-800-267-1097 before December 31, 2008 to find out how to nominate your workplace.



Don't forget to nominate your workplace!



HEALTH FOR ALL EMPLOYEES...

Planning a Holiday or Business Trip This Winter?

Remember to:

- ✓ **Learn about your destination** – where will you stay, what will you eat, what medical services are available?
- ✓ **Talk to the health unit or your health care provider** prior to international travel to:
 - Understand your health risk
 - Have required or recommended vaccines and medications.
- ✓ **Check your health insurance** – what does your province and employer cover? Do you need to buy additional coverage? Take proof of insurance and emergency telephone numbers with you.
- ✓ **Pack your regular medications in their original containers** and carry a detailed list of them with you. Keep your medications in your carry-on luggage in case your luggage is lost. Bring extra medications to cover changes in travel plans. Ask your pharmacist if you need to take any extra precautions with your medications. Get a medical alert bracelet for any medical conditions or allergies.
- ✓ **Make a personal first aid kit** including:
 - antacids
 - antihistamines
 - anti-nausea/motion sickness medicine
 - anti-diarrheals/laxatives
 - pain relievers
 - assorted bandages
 - first aid book
 - sunburn relief.
- ✓ **Practice safe sex and avoid tattooing or body piercing.**
- ✓ **Wear effective insect repellent and protective clothing.** Sleep in well-screened areas.
- ✓ **Watch what you eat or drink.** Do not drink tap water or use ice cubes. Drink carbonated bottled water or soft drinks, bottled fruit juices and hot beverages. **Make sure the food you eat is well cooked or peeled.**
- ✓ **Protect yourself from the sun.** Avoid direct sun between 11 a.m. and 4 p.m. Wear protective clothing and a wide-brimmed hat. Use sunscreen with an SPF of 15 or higher and apply 30 minutes before going out. **Pick up a free luggage tag with additional sun safety information at your local health unit office by calling 613-735-8666 or 1-800-267-1097 Ext. 666.**



Sources: *the travel booster – your guide to healthy travel*, Sanofi Pasteur Limited, 2005
Hepatitis. The Hidden Travel Risk. Glaxo Smith Kline

PLEASE POST THIS PAGE FOR EMPLOYEES



Renfrew County and District Health Unit