

What is a healthy workplace?



A healthy workplace is one where employers, employees, and other partners combine efforts to enhance the wellbeing of people at work.

There are many benefits of a healthy workplace

For employees:

- a safe and healthy work environment
- reduced stress
- higher job satisfaction
- better self-esteem
- improved health and sense of wellbeing
- increased skills for protecting health

For the organization:

- increased productivity
- less absenteeism
- reduced staff turnover
- improved staff morale
- fewer health related costs
- reduced risk of legal problems
- a positive and caring image
- better ability to attract new talent

Healthy workers are good for business! Organizations that support employee health create positive work environments. As a result, employees tend to be more engaged, satisfied with their jobs and devoted to company success.

Every organization can build a wellness program to suit its unique needs. Successful programs make sure that:

- the workplace is free of hazards to physical safety.
- employee mental health is promoted and protected.
- healthy lifestyle behaviours are encouraged.
- the business is involved in supporting a healthy community.

TBDHU is here to help your team build a healthy workplace at every step. We will provide planning tools and suggest activities to help meet your needs.

Call _____

at _____

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