

Health at Work 4 All!

Topic List

The following Middlesex London Health Unit services and programs are available in a variety of formats for use in your workplace!

Use the contact information and links in each section to access the program resources for your employees

Healthy Living Division 519-663-5317 ext. 2254

@ Work Kits

The self-contained and easy to set up @ Work Kits are available FREE of charge for you to borrow for up to 3 working days when you are having a health fair, a lunch and learn and/or other workplace events.

To view the @ Work Kits <http://www.healthunit.com/workplace-health-resources>

To borrow an @ Work Kit for your workplace event call 519-663-5317 ext. 2254 and speak to the administrative assistant.

Tobacco Cessation and E-cigarette use (Smoke is Smoke) - SORRY, Currently out of service for revisions

Alcohol @ Work Kit

This easy to set-up workplace kit is **designed to educate employees about alcohol to help improve their health and prevent illness and injury.** This kit contains: display panels, interactive and educational props and informative fact sheets.

Nutrition

Borrow the new Health Unit [Healthy Eating Workplace Kit \(PDF\)](#) for a health fair, lunch and learn or other workplace event. The kit contains display panels on tips for healthy eating “At Home”, “At Work” and “At Restaurants” and educational resources that can be printed, photocopied or ordered. To book, call 519-663-5317 ext. 2254.

Physical Activity

This @ Work Kit contains resources to educate employees and to promote physical activity in your workplace. It contains 7 different display panels and informative fact sheets that can be copied and

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distributed to your employees. This kit also contains panels and resources that reinforce the importance of “active transportation”.

Sun/UV Safety

Educate your employees (and their loved ones) about the importance of sun safety whether they are at work or at play. This display features tips for enjoying the sun while using sunscreen and other ways to protect your skin and eyes from the damaging UV rays of the sun.

Work Life Balance and Mental Well-being at Work

Wondering how to support the mental wellbeing of your employees and to help them find more balance in their lives? Borrow this @ Work Kit containing 6 informative panels and accompanying fact sheets for your next health fair or employee appreciation day. You can download copies of the fact sheets and the guide created for leaders and managers in organizations by visiting the [Work Stress](#) section of the MLHU workplace web-site.

Healthy Living Presentations and other Resources

Nutrition Environment Presentation

Are your co-workers interested in making your workplace more supportive of healthy eating? This presentation by a Health Unit Registered Dietitian includes an overview of a “[Healthy Workplace Nutrition Environment](#)”, followed by participant discussion about ideas for change in your workplace. There is a 15 participant minimum for workshops, although exceptions may be made for smaller workplaces. Workshops must be booked at least 1 month in advance and are based on dietitian availability. To book or for more information, call 519-663-5317 ext. 2353.

Free Nutrition Resources

Order **free copies** (shipping included), of *Eating Well with Canada’s Food Guide* in a variety of languages. Call Health Canada at 1-866-225-0709.

Do you or your co-workers have questions about food and healthy eating? Call TeleHealth at 1-866-797-0000 to **speak to a Registered Dietitian** for free. Translation services available in over 100 languages.

For information on how employers can support healthier eating in their workplaces,

<http://www.healthunit.com/workplaces-and-healthy-eating>

Physical Activity

Physical activity is important throughout the lifespan. “**Creating Physical Activity in the Workplace**” is a manual that provides physical activity recommendations, activities and resources which will provide you with ideas and supports to make positive changes in your workplace. The manual can be downloaded from the MLHU website at <http://www.healthunit.com/physical-activity-toolkit>.

For information about the benefits of supporting your employees to be more physically active,

<http://www.healthunit.com/workplace-physical-activity>

Physical Literacy Presentation/Resources

Learning about what Physical Literacy is and why it is so important is another way to help develop an understanding about the importance of physical activity and motivates us to get our children, and ourselves, moving more. As parents and active role models, we can provide children with encouragement and opportunity to safely explore their environment and help them develop their physical abilities to be physically active for life!

For more information and to see the resources available visit, <http://www.healthunit.com/physical-literacy> or contact Berthe Streef at berthe.streef@mlhu.on.ca or 519-663-5317 ext. 2413 to arrange a presentation in your workplace

Active Transportation

Active transportation - **using human power such as walking, cycling or public transit to get to and / or from work, is good for health, the environment, the economy and business!** This interactive presentation will assist employers and employees in determining practical ways of incorporating active travel into the daily commute to work as well as other destinations. Book a presentation by calling; 519-663-5317 ext. 2314. <https://www.healthunit.com/active-transportation>

Alcohol and Other Drug Use Prevention Resources

Up-to-date **resources available** regarding Low-Risk Alcohol Drinking Guidelines, getting help for drug/alcohol problems, alcohol & chronic health issues, cannabis information, and talking to your kids about substance misuse.

Check out the resources on this section of the MLHU website <http://www.healthunit.com/alcohol-and-other-drugs>

If you would like more information about various resources regarding alcohol and other drugs, please contact the Public Health Nurse who works in the Alcohol and Other Drugs program at 519-663-5317 ext. 2252.

For more information about how Alcohol and other drugs may be impacting your workplace, as well as information about the importance of having an alcohol and other drug policy in your workplace, visit, <http://www.healthunit.com/workplace-alcohol-and-other-drugs>

Injury Prevention

Preventing Injury is important to your employees and their families. Learn more about protecting people of all ages here, <http://www.healthunit.com/safety>.

Bicycle Helmet Safety

Learn about the importance of protecting yourself and family members by wearing the appropriate helmet for your sport and, wearing it properly. **More information and resources such as a display, DVD, and other resources here, <http://www.healthunit.com/helmet-and-sport-safety> or, call 519-663-5317 ext. 2223 for more information.**

Child Safety

Children are little explorers who learn by taking risks. Review practical tips to prevent a variety of common childhood injuries. **Lost time from work due to doctor's visits or hospitalization of an injured child can be decreased when parents are informed. Access our display, DVDs, and other resources <http://www.healthunit.com/child-safety> or contact, 519-663-5317 ext. 2223 for more information.**

Road Safety Resources

Learn about local and provincial road safety campaigns, resources and legislation you can promote with your workforce. **Find out about relevant legislation and how it impacts your organization so you can make necessary policy revisions for your organization. <http://www.healthunit.com/road-safety>**

Resources are available to help you address some Key safety messages with your workforce such as,

"Be Safe Be Seen"

"Share the Road" Cycling Information

"Buckle Up, Phone Down" Distracted Driving Information

"Injuries are Preventable and Predicable"

"No More Accidents! Call it what it is...Injury, Collision, Incident or Crash"

To get more information about resources and/or arrange a presentation, call 519-663-5317 ext. 2246

Tobacco Use

Reduce or prevent tobacco use and exposure to second-hand smoke. Learn how to quit smoking or help someone quit. **Eliminate smoking in the workplace through education and enforcement.**

More information and resources are available at www.smokefreeinfo.ca

More information about Tobacco use is available here, <http://www.healthunit.com/Tobacco>

For more information about how the benefits of a tobacco free workplace,

<http://www.healthunit.com/smoke-free-workplaces>

Work Life Family Balance/Stress Management

Explore how effective coping strategies & supportive work environments can **help employees manage personal & work-related stress** and result in better productivity at work and improved work-life-family balance. **Call Sandy Richardson at 519-663-5317 ext. 2412 to arrange a presentation for your employees.**

CSA Standard for Psychologically Healthy and Safe Workplaces

As an employer you have a legal duty to ensure you are providing a work environment where employees are free from psychological (mental) harm. Common workplace practices that create risks of mental injury can lead to legal liability under certain circumstances. **Find out what you need to know and the changes you may need to make** to be sure you are taking every reasonable effort to protect the mental health of your employees. A presentation for your administration and/or wellness committee to learn about the CSA Standard for Psychologically Healthy and Safe Workplaces and how it applies in your workplace, can be arranged by calling **Sandy Richardson at 519-663-5317 ext. 2412.**

Healthy Start 519-850-2280 (Health Connection)

Speak to a Healthy Start Public Health Nurse Weekdays between 8:30 am and 4:30 pm

Do you have employees who are thinking of beginning families or are in their childbearing years?

MLHU has valuable resources available for individuals to access, to use for employee education events and/or to guide your HR department the development of family friendly policies.

Breastfeeding Support

Help to make breastfeeding a successful experience for your employees. For more information, visit <http://www.healthunit.com/breastfeeding-return-to-work>

Breast feeding support is available at our Infant Growth/Development and Breastfeeding Drop-ins, or by appointment. For information about these services visit, <http://www.healthunit.com/breastfeeding> Our breastfeeding services are free and provided by International Board Certified Lactation Consultants and Public Health Nurses with extensive breastfeeding knowledge.

If you or your employees have **questions about breastfeeding and return to work** call Health Connection at 519-663-5317 ext. 2280.

To learn more about becoming a Breastfeeding Friendly workplace

<http://www.healthunit.com/workplace-breastfeeding>

Early Child Development

One of the best parts of being a parent is watching your baby grow and develop. Your child's early development is important because it will influence their health, well-being, learning and behaviors throughout life. "Building Healthy Brains to Build a Healthy Future" and "Let's Grow" **displays, resources for young families and presentations available.** For more information visit:

www.healthunit.com/early-child-development. For requests, please contact Health Connection at 519-663-5317, ext. 2280.

Child Car Seat Safety

Safety checks in Canada indicate that over 80% of children are not properly secured in vehicles. Learn more about child car seat safety at www.healthunit.com/car-seat-safety.

Download the updated **pamphlet**, Child Car Seat Safety: What Your Need to Know.

To get copies of the pamphlet for your employees call Health Connection at 519-663-5317 ext. 2280.

View **videos** from the Ministry of Transportation on how to properly install rear facing & forward facing car seats and booster seats.

Reproductive and Early Years Nutrition

Explore credible, evidence based healthy eating information for pregnancy, breastfeeding as well as feeding infants, toddlers and preschoolers.

Nutrition resources include website information and a variety of print information available for your workplace. For information about healthier eating at all ages and stages of life visit,

<http://www.healthunit.com/food-and-healthy-eating> or call Health Connection line at 519-663-5317 ext. 2280.

Alcohol Use during the Childbearing Years and the Prevention of Fetal Alcohol Spectrum Disorder (FASD)

Women are more vulnerable to alcohol, even after drinking smaller amounts than men. Women are more likely to exhibit major health problems related to alcohol in a shorter period of time. All women should be screened for alcohol use at every contact with their Health Care Providers. Fetal Alcohol Spectrum Disorder (FASD) is a term used to describe the full range of harm caused by a mother drinking alcohol during pregnancy. There is no safe time, no safe type and no safe amount of alcohol during pregnancy or if planning to become pregnant. Alcohol reaches the unborn baby through the mother's blood stream. The harms that may result depend on the amount, pattern and timing of consumption as well as the women's overall health. Support is available for women who are having trouble not drinking alcohol. Learn more about alcohol use during the childbearing years, during pregnancy and the prevention of FASD through **presentations, posters and pamphlets. Book a presentation or order resources such as posters and pamphlets for your workplace by calling the Health Connection line at 519-850-2280.**

Learn more about alcohol use during pregnancy and the prevention of FASD.

<http://www.healthunit.com/during-pregnancy-alcohol-and-other-drugs>

Perinatal Mental Health

Mental Health is an important part of health and well-being. The perinatal period is the time from pregnancy to childbirth to the first year postpartum. Mental health disorders such as depression and anxiety, as well as other disorders, can be experienced during this time. Poor mental health in the perinatal period has a negative impact on the mother's daily life and on the infant's mental health. Partners and children can struggle too. It can affect anyone in the family.

For more information about When The Baby Blues Won't go Away; When Pregnancy is Not What you expect; the Mother Reach Coalition; community resources and more, please visit: <https://www.healthunit.com/pmh>

Preconception

The time for people to prepare for baby's health is before they get pregnant. **Your employee's health before pregnancy matters.** Learn about folic acid, healthy eating, physical activity, smoking, drugs and alcohol, as well as environmental hazards at work and at home, having a physical examination by your health care provider and the importance of family, friends and supports. Resources include a variety of pamphlets, fact sheets and a display. Presentations, including lunch and learns, are available for all of the topics listed above.

To learn more about supporting your employees who are in their child bearing years,

<http://www.healthunit.com/reproductive-health-and-pregnancy>

Call the Health Connection Line at 519-850-2280 to inquire about accessing pamphlets, fact sheets and a display for use in your workplace.

Pregnancy

Help ensure a healthy pregnancy at work - **explore workplace supports that foster a healthy pregnancy**. Resources include consultations and presentations upon request, a physical activity DVD-Move For Two, a variety of pamphlets and fact sheets and a display.

Call the Health Connection Line at 519-850-2280 to inquire.

To support employees who are pregnant, connect them to <http://www.healthunit.com/pregnancy>

To learn more about supporting employees during pregnancy and creating a family friendly workplace <http://www.healthunit.com/pregnancy-and-the-workplace>

Environmental Health 519-663-5317 ext. 2300

Environmental health is the part of public health that looks at the natural and built environments that may affect human health. Environmental health issues can include a wide variety of health concerns.

Environmental health aims to prevent the spread of disease and create healthy environments for people to live, work and play in.

Resources are available and presentations may be arranged for your workforce by calling 519-663-5317 ext. 2300.

For more information on Environmental Health issues go to <http://www.healthunit.com/environment>

Air Quality

Learn about the Air Quality Health Index (AQHI), which measures air quality in relation to your health on a scale of 1 to 10. For local information, recommendations and to identify at-risk populations, go to https://weather.gc.ca/airquality/pages/index_e.html

Information on indoor air quality concerns affecting health can be discussed by calling the Environmental Public Health Team at **519-663-5317 ext. 2300**. Workplace complaints should be directed to the Ministry of Labour.

Bed Bugs

Have you or someone you know had a concern about bed bugs? **Do your employees travel as part of their job?** For more information about bed bugs, go to <https://www.healthunit.com/bedbugs>

Cold and Heat Alerts

To find out about alerts regarding extreme temperature conditions and to protect citizens in the Middlesex-London area **including your employees who work outdoors**, go to <https://www.healthunit.com/extreme-temperatures>

Food Safety

To learn about **safe food handling**, go to <https://www.healthunit.com/food-safety-at-home>

If you are interested in signing up for **food recall warnings and allergy alerts**, go to <http://inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/eng/1299076382077/1299076493846>

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To see if a **workplace cafeteria** in Middlesex-London or another food premises is inspected, view the **DineSafe website** <https://www.healthunit.com/about-dinesafe>

Do you or your employees require food handler training? View food handler certification options at <https://www.healthunit.com/food-handler-certification-program>

For other food safety topics, view <https://www.healthunit.com/food-safety>

Rabies

Learn what to do if you are bitten or scratched by an animal and how to protect your pets from rabies. Learn what to do if you have an encounter with a bat or have bats in your house **or on the job**.

For more information go to <http://www.healthunit.com/rabies>

Vector-Borne Disease (VBD)

VBD can be transmitted through the bite of an infected mosquito or tick. Over the past 10 seasons the MLHU has employed comprehensive education, surveillance and control strategies to reduce and repel amplification of West Nile Virus, Eastern Equine Encephalitis and Lyme disease within Middlesex London. For more information about Vector Borne Diseases see, <http://www.healthunit.com/vector-borne-diseases>. **To access resources providing more information or to book a presentation for your employees call 663-5317 ext. 2300.**

Water Safety

Learn how to ensure your well water is safe to drink.

Learn what you should know about using public pools, spas, splash pads, and wading pools.

MLHU also provides informative Public Pool and Spa Operator **Information Sessions** to public pool/spa owners, operators, and lifeguards. The information sessions provide an overview of what is required in Ontario Regulation 565/90 – Public Pools and Ontario Regulation 428/05 – Public Spas.

For information about *recreational* water safety <http://www.healthunit.com/recreational-water>

For information on ensuring the safety of your *drinking* water, <http://www.healthunit.com/drinking-water>

**Vaccine Preventable and Infectious Disease 519-663-5317
ext. 2330**

Illnesses/infections can spread easily in workplaces. **To maintain a healthy workforce, it is important to educate employees about ways to prevent and reduce the spread of illnesses in the workplace.**

All businesses are affected by staff illness/infections in some way. Staff education and employee support can foster a healthy workplace, increase productivity and decrease staff absenteeism.

For more information about the impact of illness in your workplace see,
<http://www.healthunit.com/infectious-disease-and-immunization>

Immunization

Immunization is one of the most important ways to promote health and provide protection against some very serious diseases. Learn about adult and child immunization schedules, new vaccines, vaccine safety, how to find credible and trustworthy information on the Internet, how to prepare your child for immunization and how to protect yourself as an adult by being immunized.

Learn more about immunizations for your employees and their families here,
<http://www.healthunit.com/immunization>

Infectious Disease

Infectious diseases are caused by contact with germs (bacteria, viruses, parasites or fungi) either directly; being in contact with a sick person, or indirectly; from contact with contaminated items such as food or frequently touched surfaces. People who have been in contact with germs that cause infectious diseases can be sick with symptoms or show no symptoms at all MLHU is your source for accurate and up to date information on prevention, transmission and treatment of communicable diseases. **Learn how to reduce absenteeism due to the transmission of infectious diseases in your workplace.**

We can provide information, consultation and presentations (where possible) on a wide variety of topics including:

General Infection Control

- Hand hygiene
- Safe food handling
- Infection prevention at work, during pregnancy and while travelling
- Safe tattooing and piercing practices
- Safe disposal of sharps and clean-up of blood spills

Specific Diseases

- Blood-borne diseases like hepatitis B & C;
- Vector-borne diseases like West Nile virus and Lyme disease;
- Respiratory diseases like influenza and tuberculosis;
- Food-borne illnesses like *campylobacter*, *E. coli O157:H7* and *salmonella*;
- Antibiotic resistant organisms like *MRSA*, *VRE*, and *C. difficile*

Call us for information, to arrange a consultation or presentation at 519-663-5317 ext. 2330

Refer to the MLHU web-site to learn the steps to keep you, your family and co-workers healthy.

<http://www.healthunit.com/infectious-diseases>

Sexual Health 519-663-5317 ext. 3132

Sexual Health

Sexual health is an important part of your overall health and well-being. When you think about sexual health it is important to consider your sexuality as a whole including the emotional, physical, mental, and social aspects. Accepting and recognizing your sexuality affects your ability to make healthy choices, and to respect the choices of yourself and others.

Call to inquire about Resources for your Employees.

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The following topics are available: Harm Reduction, LGBT2Q+ & Positive Space, Clinic information, Birth control, sexually transmitted diseases.

Please visit <http://www.healthunit.com/sexual-health> for information and resources.

Dental Health 519-663-5317 ext. 2231

Preventive oral health can stop the onset and progress of dental disease that might require complex and expensive dental care. According to the Canadian Dental Association (2004), regular dentist visits should minimize time lost from work due to dental emergencies.

A healthy mouth is an important part of a healthy body! Learn how and why it's important to care for your teeth and gums. "Healthy smiles" should be for a lifetime!

To provide your employees with information about dental health throughout the lifespan see, <http://www.healthunit.com/dental-health>

To consider how your employees' dental health may be impacting your workplace, <http://www.healthunit.com/workplace-dental-health>

Health at Work 4 All! 519-663-5317 ext. 2412

The coordinator of **Health at Work 4 All!** is available to assist you to;

- "Make a Case for Workplace Health" with the senior leadership team in your organization
- support the development of a workplace health and wellness committee in your workplace
- assist you with the development of an employee needs assessment
- help you find and link with MLHU and other community health services and resources you and your employees may need to maintain good health and meet your health and wellness goals
- get connected to educational opportunities that will enhance and broaden your understanding of healthy workplace practices
- create policies that form the basis of a healthier workplace
- connect with the various Health Unit programs and services mentioned in this document

Find the **Health at Work 4 All!** manual and other workplace resources at, <https://www.healthunit.com/workplace-health>

Making Cents of Workplace Wellness and/or Health at Work 4 All! program/services overview

Want to know more about getting your wellness program started, the importance of having a wellness committee in your workplace? Do you need support to create a wellness committee or maybe just some fresh ideas to enhance your wellness program? **Call Sandy Richardson to discuss your needs and arrange a presentation tailored to your workplace needs. Reach her at 519-663-5317 ext. 2412 or sandy.richardson@mlhu.on.ca**

EMERGENCY PLANNING 519-663-5317 ext. 2371

An emergency is a situation or impending situation that constitutes a danger of major proportions that could result in serious harm to persons or substantial damage to property and that is caused by the forces of nature, a disease or other health risk, or an act whether intentional or otherwise.

See the resources available from the MLHU emergency management team,
<http://www.healthunit.com/emergency>

If you have any problem contacting a number on this list or don't see a resource you are looking for, please contact Sandy Richardson at 519-663-5317 ext. 2412 or sandy.richardson@mlhu.on.ca