

Manning, Routing and Signaling Infographic

Work-Life Balance

Creating a balance between work demands and the healthy management and enjoyment of life outside work

Healthy workplaces make good business sense



Attract new employees



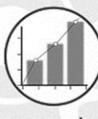
Help retain staff



Reduce sickness and absenteeism



Improve morale



Increase production and satisfaction



What workers can do

Take breaks, even small ones



Make to-do lists



Unplug from technology once in a while



Build downtime into your schedule



Choose activities that positively impact your work or personal life



The Average Worker spends
50.2 hours
Work-related activities per week

Just over half take work home to finish outside regular hours.
2012 National Study on Balancing Work and Caregiving in Canada

Work factors

10
Tips for Employers



Treat all employees in a fair and respectful manner



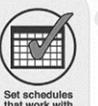
Allow workers to have control and input as much as possible



Recognize workers' resources and skills



Provide workers with the training, skills and resources they need



Clearly define roles and responsibilities



Set schedules that work with life outside the job

- Assess the risks of work-related stress and take action
 - Match the workload to workers' capabilities
- Design meaningful jobs that allow workers to use their skills
- Provide opportunities for social, wellness and volunteering activities

Negative workplace culture

Lack of control

Relationships with colleagues

Lack of clarity about roles and responsibilities

Poor match of skills to the job

• Unreasonable demands • Uncomfortable physical environment



3.7 million workers in Canada go through a regular day feeling a high level of stress.

Statistics Canada, General Social Survey, 2010.

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>