



Comprehensive Workplace Health Model



The Comprehensive Workplace Health (CWH) Model

- Has four elements – occupational health & safety, health & lifestyle practices, organizational culture, and organizational social responsibility
- CWH approach includes awareness, skill building, and creating supportive environments

The Implementation Process

Plan – an ongoing and recurring process

Do – implementing the steps of your program

Check – evaluating and reporting on the effectiveness and impact of action taken

Act – periodic review of the CWH program by management

Occupational Health & Safety: Reducing work-related injury, illness and disability by identifying and controlling hazards in the physical environment and in work processes, such as:

- Air quality
- Injury & illness prevention
- Emergency response & pandemic preparedness
- Physical, ergonomic, chemical & biological hazards
- Disability management
- Workplace accommodation
- Ergonomics program
- Violence & harassment
- Personal protective equipment use
- Noise control



Ontario Workplace Health Coalition

Supporting comprehensive workplace health in Ontario

Health & Lifestyle Practices: Creating an environment that is supportive of and encourages health-enhancing personal lifestyle practices, such as:

- Physical activity
- Healthy eating
- Healthy weight
- Tobacco cessation
- Stress management
- Reduced drug & alcohol use
- Adequate sleep
- Immunization
- Reproductive health
- Sun safety

Organizational Culture: Focusing on the psychosocial issues in the workplace that affect the interaction between people, their work and their organization, such as:

- Values, beliefs & practices
- Psychological & social support
- Clear leadership & expectations
- Civility & respect
- Psychological demands
- Growth & development
- Recognition & reward
- Involvement & influence
- Workload management
- Engagement
- Balance
- Psychological protection
- Protection of physical safety

Organizational Social Responsibility: Participating in the community to improve the health of workers, their families and other members of the community, such as:

- Reducing the carbon footprint of business activities
- Forest stewardship & using less paper
- Fundraising for local charities
- Control of pollutants in community air & water
- Opportunities to volunteer during work hours

For more information, contact the OWHC: 135 Hunter Street East

Hamilton, ON L8N 1M5

Email: contact@owhc.ca

Website: <http://www.owhc.ca>