

# 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



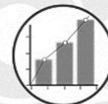
Help retain staff



Reduce sickness and absenteeism



Improve morale



Increase production and satisfaction

What workers can do



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



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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' results 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

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



Work factors



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>