Principles of Healthy Work

- Physical environment
  - Freedom from physical harm

- Psychosocial environment
  - Enhance job control
  - Manageable demands
  - Eliminate job strain
  - Job security
  - Job rotation or enrichment
  - Supervisor support
  - Co-worker support
  - Balance efforts with rewards
  - Work-life balance
  - Recognize emotional labor

- Organizational culture/climate
  - Organizational justice
  - Reduce incivility

- Work organization
  - Limit precarious work
  - Minimize shift work
  - Limit long work hours

- Rewards/benefits
  - Fair pay/living wages
  - Provide adequate sick leave, vacation time
  - Adequate health insurance for all