



Reduce harmful work stressors.  
Improve job quality and health.

## HEALTHY WORK Agenda for Unions & Worker Advocates



Spread the message that to be healthy, people need healthy work.

- Healthy work can prevent injury, illness, & early death.
- Healthy work reduces the cost of healthcare and increases well-being.
- Reducing or preventing common job stressors improves workers' health and safety, and creates a healthy workplace.



- Check out the Healthy Work Tools for Unions (in progress) for ideas to include in collective bargaining and other negotiations, ones that promote healthy work. Find out about successful campaigns challenging unhealthy work.
- Bargain contract language that includes safe staffing levels, limits on-call schedules, prevents mandatory overtime, gives workers more say about their jobs, and addresses workplace bullying, sexual and other harassment, retaliation, or discrimination.



Change the culture of work in the U.S.

- Challenge the culture of long work hours and expecting people to be available to work 24/7. Demand fair pay, flexible work schedules and respect for our non-work roles.
- Discredit the message: "Be glad you have a job. If you don't like it, leave." Instead, push for fixing the job, not the worker. Advocate for better health and safety "rules."
- Support public policy or laws that encourage employers to change workplace practices and create policies and practices that promote healthy work.
- Learn about what is done elsewhere in the world, for inspiration and solidarity.



Support proper enforcement of existing health and safety regulations; expand them to include "healthy work" guidelines.

- Improve health and safety regulations (e.g., for chemical and safety hazards, ergonomics, right-to-know) and processes to report violations (ie: through OSHA).
- Support the movement to include work stressors as a hazard in state and national regulations, as other countries do.



Change the organization of work in the U.S.

- Use the survey at [stressassess.ca](http://stressassess.ca) (workplace or personal edition) to identify stressors facing members. Then apply its approach and suggestions of collective actions to tackle the priorities that turn up.

Spread the message.



Visit [healthywork.org](http://healthywork.org) for more info.

