

NUTRITION AND WELLNESS | MARCH SAFETY SEGMENTS

Focusing on healthy eating can create an organizational culture of health and boost employee wellness. Nutrition is a critical part of health and wellness that creates the foundation for total health, and can boost energy, productivity, and quality of life.

SUPPORTING HEALTHY NUTRITION IN THE WORKPLACE

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Give each staff member 5-10 minutes to review the CCSA resource: [Benefits of Supporting Employee Nutrition](#). After everyone is done, use the guiding questions to facilitate a group discussion



SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is it important to promote good eating habits and to support employee's nutrition?
- What are some ways that the employer can support good eating habits in your workplace?
- Brainstorm with the staff to think of strategies to improve nutrition and wellness in your workplace.

Supporting Activity:

Print out this poster from EWI Works for staff rooms: [5 Tips for healthy Eating](#). Ask staff any tips on how they eat healthy and how they achieve good eating habits.



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Encouraging healthy behaviours at work helps build healthy habits and may even be more effective because coworkers can support positive behaviour change. Which habits workers focus on first depends on the person's individual needs and lifestyle. It's essential to set realistic expectations for themselves.

MODIFYING HEALTH BEHAVIOURS

The aim of this activity is to bring awareness to employees of the top modifiable health behaviors for optimal health and wellness and encourage to think of ways to improve health and wellness.

DIRECTIONS

Review with staff an electronic or a print-out copy of [Thrive Health's Top 6 Modifiable Health Behaviours for Optimal Health and Wellness](#). Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's responses and feedback. Use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Tips and Tools:

- Go around the table and let each staff identify their top 1 - 2 target behaviours to modify and their motivation behind it. If it's a big group, ask for volunteers or randomly ask staff to share.
- Ask staff how they can support each other in achieving their goals.

Guiding Questions:

1. Why is it important to identify unhealthy habits and set goals to modify unhealthy behaviours?
2. How can the employer support workers in promoting healthy lifestyle and improving health and wellness?

Go the extra mile!

1. You can print and distribute handouts about [Strategies to Support Long-Term Behaviour Change by Thrive Health](#).



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As an employer, you have the opportunity to enhance your employees' well-being and foster healthier communities by advocating for physical activity in your workplace. Consider implementing initiatives such as on-site gyms and walking paths to encourage your employees to incorporate physical activity into their daily routines. Additionally, offering discounts for active commuting can further support this culture of well-being within the workplace.

INCLUDING MORE PHYSICAL ACTIVITY AT WORK

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of the [Physical Activity Infographic by Thrive Health Services](#). Give each staff member 5 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION



Guiding Questions:

- Brainstorm ideas with the group on how to include more physical activity at work.
- What are possible barriers to these ideas?
- What can the employer do to support fitness and physical activity at your workplace?

Alternative Activity:

Instead of the handouts, you can watch a [short video](#) about the Brain-Changing Effects of Exercise that has a short energizing 5-minute energizing work-out for the group.

What would you change in your behavior from what you learned from the video?



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Lack of sleep can lead to mood swings, heightened stress and anxiety, and is associated with various severe health issues and escalated healthcare expenses. A workforce deprived of sleep can negatively impact the organization. In the long run, it poses equal risks to individuals - as per the [Centers for Disease Control \(CDC\)](#), insufficient rest is connected to conditions like high blood pressure, heart disease, and diabetes.

SLEEP AND WELLNESS STRATEGIES FOR SHIFT WORKERS

When a night shift worker's circadian rhythm hasn't adjusted to sleeping during the day, the resulting imbalance can cause significant health problems. Research shows that the side effects of a disrupted sleep cycle can often linger for days. Some of these symptoms include stress, fatigue, irritability, overeating, lack of exercise, and even substance use. Shift workers are also affected socially as they are limited connecting with their social circle and miss out on events. This segment is focused directly on night shift workers or those who have irregular shift hours.

DIRECTIONS

Print out or show an electronic copy of the [Essential Guide to Conquering Shiftwork by The Other Shift](#). Start by discussing how shiftwork affects the overall health of affected workers.

SAFETY SEGMENT DISCUSSION



Guiding Questions:

1. Go around the table and have the staff share their experience in irregular shift hours or working night shift.
2. Discuss other tips and strategies that staff can share to cope with shift work.
3. How can the employer support workers to cope with shiftwork?



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A contingency plan is a strategic approach created to assist an organization in responding efficiently to a potential future incident, event, or circumstance, which may or may not occur. It is also known as "Plan B" or a backup strategy, serving as an alternative course of action if anticipated outcomes do not come to fruition.

EMERGENCY PREPAREDNESS FOCUS: CONTINGENCY PLANS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of the [CCSA Contingency Plans - Loss of Services Scenarios](#). Go through each scenario and facilitate the group discussion using the guiding questions. This could serve as a tabletop drill for your emergency response prevention plan.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are the first things that need to be addressed?
- What things do you need to be aware of?
- Once the situation is under control, what steps need to happen following the emergency?
- Discuss existing contingency plans you have in the workplace.
- What is the importance of having contingency plans?



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