

WORKING LIFE CONDITIONS

HOW...

WORKING LIFE CONDITIONS RELATES TO HEALTH

Working life conditions refer to the various aspects of the work environment that can impact an **individual's physical and mental well-being**. This includes factors such as job security, work hours, work-related stress, job demands, and exposure to hazardous materials.

Working life conditions can **affect people's health** in many ways, such as by contributing to the development of chronic diseases, injuries, and mental health problems. They can also **impact job satisfaction, productivity, and overall quality of life**.

Long work hours without adequate breaks can cause physical and mental health problems such as fatigue, stress, sleep disorders, and can lead to social isolation and reduced work-life balance.

- World Health Organization -

RESOURCES

Working Centre

A non-profit organization that provides employment counseling, job search assistance, and skills training to individuals looking for work. They also offer support services such as housing and food assistance to those experiencing financial difficulties.

<https://www.theworkingcentre.org/>

Canadian Mental Health Association Waterloo Wellington

Offers workplace mental health training and resources for employers to support the mental health of their employees

<https://cmhaww.ca/>

Kitchener-Waterloo Multicultural Centre

Provides settlement services and employment assistance to newcomers to Canada.

<https://www.kwmc.on.ca/>