Occupational Health & Wellness

This section of the website is intended to provide information to faculty and staff about healthy workplace initiatives, individual health strategies, educational opportunities and health-related resources and services both on and off campus. Occupational Health & Wellness’ goal is to integrate health promotion and disease prevention strategies to support a culture of health and well-being within the University community.

Occupational Health & Wellness continues to develop strategies and healthy workplace initiatives that support faculty and staff in optimizing their contributions to the University. Resources and services are available to support staff with:

- **Understanding what to do when you are injured or ill** [1]
- **Participating in strategic wellness initiatives to optimize health and well-being** [2]
- **Eliminating ergonomic related injury** [3]
- **Accessing confidential, professional counselling through the Employee Assistance Program** [4]
- **Protecting your health when working with research projects and/or in areas with potential exposures to work hazards** [5]

* The University is committed to providing accessible information and communication to all members of its community and recognizes that persons with disabilities may use methods other than standard print to access information. If you require documentation in an alternate format please contact Occupational Health and Wellness at x52647.

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**Links**
- [1] https://www.uoguelph.ca/hr/staff-faculty-health-well-being/injury-illness
- [2] https://www.uoguelph.ca/hr/staff-faculty-health-well-being/healthy-workplace
- [3] https://www.uoguelph.ca/hr/staff-faculty-health-well-being/ergonomics
- [4] https://www.uoguelph.ca/hr/staff-faculty-health-well-being/employee-assistance-program
- [5] https://www.uoguelph.ca/hr/staff-faculty-health-well-being/surveillance-programs