Health & Well-Being

The University recognizes the importance and benefits of a healthy and engaged workforce and is committed to providing a safe, healthy and accommodating workplace. Human Resources, through Occupational Health & Wellness, is focused on improving the health, morale and productivity of its people to ensure the overall wellness of the University’s 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]

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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