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 and 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 and 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](https://www.uoguelph.ca/hr/staff-faculty-health-well-being/injury-illness) [1]
- [Eliminating ergonomic related injury](https://www.uoguelph.ca/hr/staff-faculty-health-well-being/ergonomics) [2]
- [Accessing confidential, professional counselling through the Employee Assistance Program](https://www.uoguelph.ca/hr/staff-faculty-health-well-being/employee-assistance-program) [3]
- [Protection from potential exposures to work hazards](https://www.uoguelph.ca/hr/hr-services-occupational-health-wellness/occupational-health-surveillance) [4]

**Source URL:** https://www.uoguelph.ca/hr/staff-faculty/health-well-being

**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/ergonomics
[3] https://www.uoguelph.ca/hr/staff-faculty-health-well-being/employee-assistance-program
[4] https://www.uoguelph.ca/hr/hr-services-occupational-health-wellness/occupational-health-surveillance