Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.

Staying Healthy at work Tips:

- Stay hydrated.
- Maintain proper hand hygiene.
- Get sufficient night sleep.
- Utilize good posture.
- Learn stress management techniques.
- Maintain a clean workspace.
- Incorporate some exercise into your day.
- Don’t forget to take breaks.

How to be more active during the workday:

- When you take a break, move to a different area and stretch versus sitting in place.
- Wear comfortable shoes or leave a pair of comfortable shoes in your office.
- If you sit on a desk, make it a habit to move or stand up, march in place or pace in a circle.
- Take the stairs instead of the elevator.