

Thursday, May 8, 2025

Safety and Health Week - Day 4: Overall Health, Safety, and Well-being

Welcome to Safety and Health Week! All week long, Occupational Health and Safety Services will be posting health and safety information in the Communiqué. Be sure to keep an eye on these posts, as there will be a chance to win a prize at the end of the week.

Your health, safety and wellbeing in the Humber workplace matters! Humber's Well-being Strategy and Healthy You Hub was developed to help all members of the Humber community prioritize their overall well-being. Visit the [Healthy You Hub](#) for a variety of employee resources to assist with physical, mental, financial, and social health and well-being.

Physical activity can play a key role in our personal health and well-being. Remember that the use of the Athletic Centre is free for all employees! Humber's fitness centres at both the North and Lakeshore campuses provide a wide variety of exercise options (including cardio and strength/conditioning). You may attend any of their fitness classes, ranging from cycling, fitness walks, boot camps, Zumba, yoga, and more. You can also sign up for personal training sessions with fully certified trainers at an additional cost. For more information on the fitness centres, including a schedule of fitness classes, please visit the [Athletics webpage](#).

Lastly, Occupational Health and Safety Services encourages all employees to practice healthy behaviours at work and outside of the workplace. Small changes can have a substantial impact on your health and well-being. Consider the following:

- If you work at a computer workstation, take micro-breaks to split periods of prolonged sitting.
- Enjoy a relaxing activity during your lunchtime break.
- Eat healthy and nutritious meals.
- Take time for yourself outside of work and get plenty of rest!