## Manning, Routing and Signaling Infographic



## **Work-Life Balance**



Creating a balance between work demands and the healthy management and enjoyment of life outside work

Healthy workplaces make good business sense



employees















Just over half take work home to finish outside regular hours. 2012 National Study on Balancing Work and Caregiving in Canada









and absenteeism



· Assess the risks of work-related stress and take action

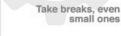
Design meaningful jobs that allow workers to use their skills

· Match the workload to workers' capabilities











Unplug from technology once in a while



**Build downtime into** your schedule



positively impact your work or personal life







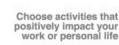
















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