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**WE CAN**



**CREATE HEALTHY  
WORKPLACES**

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# WE CAN CREATE HEALTHY WORKPLACES



**With the global labour force predicted to rise to 3.5 billion by 2030, there is a tremendous opportunity to harness the workplace as a platform for cancer prevention and early detection<sup>1</sup>.**

Workplaces of all sizes can put in place policies and programmes that motivate employees to adopt healthier behaviours. Creating 100% smoke-free workplaces and providing information and access to smoking cessation tools is one of the clearest examples of effective workplace policy for cancer prevention – a ban on smoking in all indoor workplaces can reduce the prevalence of smoking by 6%<sup>2,3,4</sup>. Other measures such as providing access to healthy food options;

promoting active transport to and from work; and increasing movement in the workplace for example, through use of stairs, are all effective ways to support a healthier workforce<sup>1,5</sup>. Workplace wellness programmes can also promote early detection by using communications channels to share information about the signs and symptoms of some cancers and where appropriate, encourage and support participation in cancer screening programmes for early diagnosis<sup>6</sup>.

Workplaces should also put in place policies to prevent occupational exposure to cancer-causing agents, such as asbestos and other workplace carcinogens<sup>7</sup>.

**Employers can implement measures in the workplace that will motivate and sustain healthy habits throughout a person's everyday life.**

This factsheet is aimed at



Workplaces

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4. Eriksen M, Mackay J, Schluger N, et al. The Tobacco Atlas, 5th Edition, (2015). American Cancer Society, Atlanta.
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7. International Labour Office. Safety in the Use of Asbestos. [http://www.ilo.org/wcmsp5/groups/public/@ed\\_protect/@protrav/@safework/documents/normativeinstrument/wcms\\_107843.pdf](http://www.ilo.org/wcmsp5/groups/public/@ed_protect/@protrav/@safework/documents/normativeinstrument/wcms_107843.pdf)