Ergonomics

- Humber’s Occupational Health and Safety Services provides office ergonomics self-assessment checklist, and other tools and tips for setting up your office equipment. Resources can be found here.
- Humber’s Occupational Health and Safety Services also have tips for setting up your office equipment.
- PROergonomics provides a working at home ergonomics webinar. To raise awareness and assist Humber employees working from home, these sessions will begin March 30. A schedule will be posted soon.
- PROergonomics also provides webinars on a variety of other ergonomic topics which are available anytime here.

Physical Health

- Humber instructor Kellie Elliot provides virtual yoga sessions on YouTube.
- @humberfitnessnorth explains how it is more important than ever to take a mindful break during your day to clear your headspace and re-center. Mindful breathing is one easy way to do this. Follow Rose through this guided breathing exercise.

Mental Health and Well-being

- Workplace Strategies for Mental Health provides healthy break activities here.
- Morneau-Shepell, the provider of the Employee Assistance Program, has a series of webinars including:
  - Information about COVID-19
  - Working remotely
  - Emotional well-being during COVID-19 pandemic
  - Talking to your child about COVID-19
- Therapy Assist Online provides mindfulness exercises.
- The Public Services Health and Safety Association provides resources to learn about prevention strategies for managing psychological health and safety in the workplace.
- The Centre for Addiction and Mental Health has tips for dealing with stress, anxiety, quarantine and isolation on their website.