

iWorkHealth

Find out more at
www.iworkhealth.gov.sg

Contact us at
<https://www.tal.sg/wshc/contact-us>



A Joint Collaboration by:



What is iWorkHealth?

iWorkHealth is a free tool to help organisations (and their participating employees) identify the workplace stressors so that they can better manage workplace stress by implementing appropriate intervention to foster mental well-being and build mental resilience.

Workplace stress may arise due to the interactions between work environment, job content, organisational culture and an individual's capacity to cope; thereby affecting health, work performance and job satisfaction.

Workplace stress may have adverse effects on workers

- Physiological (aches and pains, breathlessness, headaches, fatigue, weakened immune system)
- Behavioural (sleep issues, poor appetite, restlessness, unhealthy habits)
- Emotional (feelings of anxiety, irritability, overwhelmed)
- Cognitive (difficulty in organising and making decisions, trouble concentrating, forgetfulness, negativity)



What are the benefits of managing workplace stress?

For employers:

- Better worker engagement and retention
- Lower absenteeism rates
- More productive workforce and better business performance

For employees:

- Increase awareness of workplace stress
- Improve physical and mental well-being
- Improve quality of life



How to use iWorkHealth?

iWorkHealth comprises a list of questions relating to stress-related factors at the workplace such as work content, work environment, relationships with supervisors and co-workers, and the relationship between work and home life.

After participating employees have completed the iWorkHealth survey, the company will receive an aggregated report identifying the key workplace stressors, extent of work stress and the general mental well-being status at the workplace. Participating employees will receive individual reports providing information about their mental well-being scores and work stressors*.



* iWorkHealth is not intended to be, and should not be used for medical diagnostic or treatment purposes. It is not a substitute for medical advice of one's state of health. All individual information provided in the survey are kept confidential and will only be published as aggregated statistics.