



## Are you prioritizing your mental wellbeing at work?

### Take the StressAssess Survey

Anyone who completes and submits the survey by March 14, 2025, could enter to win one of three Visa gift cards valued at \$50, \$150, or \$250.



Construction



Transportation

Workplace mental stressors—such as working alone, shiftwork, driving, trauma exposure, poor ergonomics, or exposure to hazards—are health and safety hazards that can affect workers’ mental and physical wellbeing and lead to illness or injury.

IHSA is inviting workers in the **construction** and **transportation** industries across Ontario to participate in a survey that is the first of its kind in Ontario. Developed by IHSA and Occupational Clinics for Ontario Workers (OHCOW), the survey aims to identify mental stressors at workplaces so they can be eliminated or reduced, thus improving overall mental wellness.

Addressing and minimizing causes of mental distress at work is essential for maintaining workers’ safety and wellbeing. As an employer, you can help us do this by promoting this survey to your workforce.

Anyone who completes and submits the survey could enter to win one of three Visa gift cards valued at \$50, \$150, or \$250. All responses will be anonymous and confidential.

You can learn more about the survey at [StressAssess.ca](https://StressAssess.ca).

