



# Good work

“ Having a job is good for our health, but the quality of our jobs makes the difference. Ensuring people have a safe, encouraging and supportive working environment will help keep them well and in work for longer. This is something that all employers can and should take steps to achieve. ”

**Duncan Selbie**  
Chief executive  
Public Health England

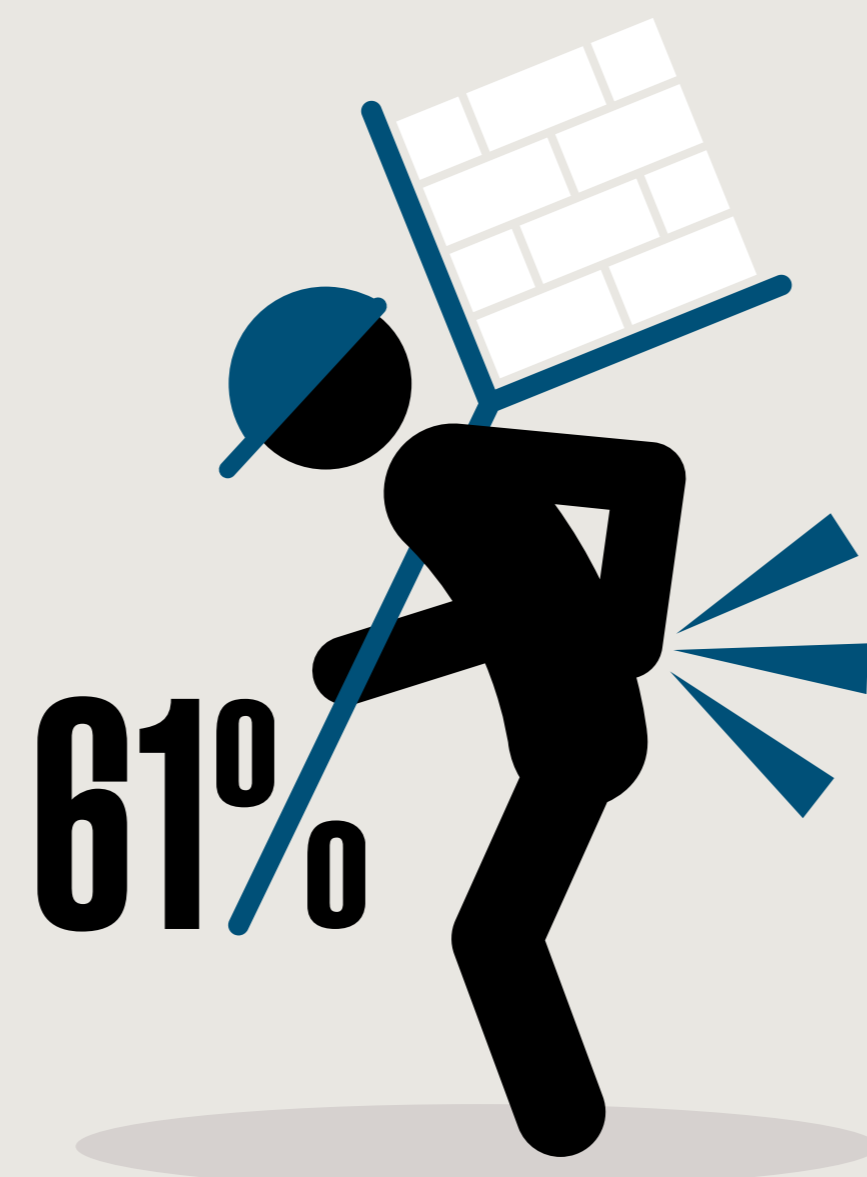
For work to support a healthy life it should:

Pay fairly and offer lasting security



In 2017, an estimated 6.2 million employees were paid less than the real Living Wage

Ensure good working conditions



61% of workers in insecure employment have worked when unwell for fear of losing their job or pay

Enable a good work life balance



Employees working long hours are 2.5 times more likely to have a major depressive episode

Provide training and opportunities to progress



In-work training can make people happier at work and lead to higher levels of personal wellbeing