

A Bloomington Staffing Agency Focuses on Total Worker Health

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Bloomington, Ind. -- In honor of Safety Month, this week?s safety topic is Employee Wellness, or total worker health, so this Bloomington staffing agency would like to concentrate on where Franchisees have the most impact?franchise office employees.

"Research has shown that working conditions and other factors at work play a role in the health of employees. Studies have linked working conditions and certain industries and occupations to a number of health conditions including depression, obesity, heart disease, and type 2 diabetes,? says the Centers for Disease Control and Prevention?s publication ?Total Worker Health? in 2016.

The Basics

This agency states that the foundation to employee wellness is giving employees the resources to have a good diet, reliable housing, access to a physician at a reasonable cost, and paid time away from work to deal with personal issues without suffering a financial impact. The ability to handle these things leads to overall wellness and preventing employees from becoming unhappy, stressed, or sick.

In addition to benefits, they also stress respecting your employees? personal time. Consider if employees are actually getting enough time to have a healthy lunch. How often do employees have sleep or restful time at home interrupted due to work ?emergencies.? Give employees the time to enjoy healthy food choices, relaxation between shifts, and good sleep, they say. This includes structured scheduling of lunches, as well as ?on-call? hours split between employees.

Staying Active

They strongly suggest to encourage your employees to be active and take care of themselves. Poll the team to find out what would interest them. Is it diet, exercise, or losing weight that they are interested in. Managers do not need to ask employees about their individual personal health, rather ask ?If we were to set a healthier living goal as an office, what would be something that would interest everyone?? At the Express Office, they have two examples to share. One structured method involves employees recording and submitting qualifying activities in order to receive discounts on their own cost for healthcare. On the less structured side, they have also hosted voluntary ?Biggest Loser? challenges that reward simply by the percentage of weight lost, not the pounds.

This Bloomington employment agency understands what impacts employees? financial well-being, providing a pay and benefits package that reduces stresses, and working with employees to find fun yet structured ways to promote a healthy lifestyle will increase attendance, productivity, and even job satisfaction, all while engaging your employees and increasing retention.

The Express Bloomington Owner Tim Tucker said, ?As a local business, one of our main goals is to help keep our friends and neighbors healthy and safe. My baseness partner, Dean Roller has a great deal of expertise in safety management. He works closely with our clients to ensure a safe environment for the employees that we help find for businesses in the local area.?

Centers for Disease Control and Prevention has a website full of information and tools on total worker health. Also, remember to visit the Safety Month Page on MyDot for resources and information on working with clients to keep associates safe. For questions or more information about employee wellness, contact the Risk Department.

The Express Bloomington office is located at 333 E Winslow Rd Bloomington, IN 47401. Those interested can call (812) 333-6210 or visit online at www.expresspros.com/BloomingtonIN to learn more.

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Express Employment Professionals - Bloomington, IN

Express Employment Professionals is Bloomington, IN's only locally owned Full-Service Staffing Agency that continually exceed expectations by providing employment services to the community.

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