



A Staffing Agency in Stafford Focuses on Total Worker Health

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

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 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. This includes structured scheduling of lunches, as well as ?on-call? hours split between employees.

Staying Active

They strongly suggest to encourage employees to be active and take care of themselves. Poll the team to find out what would interest them, such as diet, exercise, or losing weight. 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 employment agency in Stafford, VA 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 employees and increasing retention.

Express Stafford Owner James Matthews said, "We at Express understand and constantly work with our clients to ensure safe and proper safety procedures are followed and implemented in the work environment. Keeping our Associates safe is one of our most important responsibilities as a top Staffing Company." The Express Stafford Office is also releasing a safety survey this month to better build their safety program and safety procedures taken.

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 Stafford office is located at 233 Garrisonville Rd #102, Stafford, VA 22554. Interested parties can call (540) 720-7007 or visit online at www.expresspros.com/staffordva to learn more.

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For more information about Express Employment Professionals - Stafford, VA, contact the company here: Express Employment Professionals - Stafford, VA James Matthews(540) 720-7007
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Express Employment Professionals - Stafford, VA

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