A Provider for Tualatin Jobs Focuses on Total Worker Health

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Tualatin, Ore. -- In honor of Safety Month, this week?s safety topic is Employee Wellness, or total worker health, so this provider of jobs in Tualatin, OR 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. Is it diet, exercise, 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 outstanding agency amongst other employment agencies in Tualatin, OR 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.

"At Express we have a commitment to providing each Express Associate a safe work environment," says Robert Knight, Managing Partner at the Express Tualatin office. "We believe in partnering with our customers and review worksite safety and PPE requirements to ensure this commitment. We understand that the safer the work environment, the happier our Express Associates will be on the job and at home with their families."

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 West Tualatin office is located at 19407 SW Martinazzi Ave, Tualatin, OR 97062. Interested parties can call (503) 612-1800 or visit online at www.expresspros.com/WestTualatin to learn more.

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For more information about Express Employment Professionals - Tualatin, OR (West), contact the company here:Express Employment Professionals - Tualatin, OR (West)Robert Knight(503) 612-1800Jobs.WestTualatinOR@ExpressPros.com19407 SW Martinazzi AveTualatin, OR 97062

Express Employment Professionals - Tualatin, OR (West)

Locally owned and operated, Express Employment Professionals in West Tualatin, OR is a Full-Service employment

solutions resource for both businesses and job seekers within the Tualatin and surrounding areas.

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