

## An Agency Supplying Oregon City Jobs Focuses on Total Worker Health

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Oregon City, Ore. -- In honor of Safety Month, this week?s safety topic is Employee Wellness, or total worker health, so this provider of jobs in Oregon City 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 can play a role in the long-term health of employees. To date, 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. These illnesses can lead to work absences and early disability, and decreased individual lifetime earnings and productivity,? notes 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 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 supplier of staffing in Oregon City 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.

Centers for Disease Control and Prevention has a website full of information and tools on total worker health.

The Express Oregon City office is located at 900 Main St #106, Oregon City, OR 97045. Interested parties

can call (503) 654-3600 or visit online at www.expresspros.com/OregonCityOR to learn more.

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For more information about Express Employment Professionals - Oregon City, OR, contact the company

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