# One of the Leading Phoenix Staffing Agencies Concentrate on Total Worker Health

*July 03, 2018*

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Phoenix, Ariz. - In honor of Safety Month, Express South Phoenix is looking to better inform their community regarding Heat Safety. One of the leading Phoenix staffing agencies concentrated on this very important issue by issuing handouts, posting informative blogs on social media, and displaying posters at their location.

?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 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. 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 provider of jobs in Phoenix, AZ 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 South Phoenix office is located at 3230 East Broadway Road B-110, Phoenix, AZ 85040. Interested parties can call (602) 458-9500 or visit online at www.expresspros.com/PhoenixSW to learn more.

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## Express Employment Professionals - South Phoenix, AZ

*The South Phoenix office of Express Employment Professionals is a locally owned and operated, full-service Staffing Agency. Every day, we help people find jobs and provide workforce solutions to businesses.*

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