This infographics will help you to make your workplace and employees more healthy therefore saving money for your company and appealing to the potential new candidates.

SAVE MONEY FOR YOUR COMPANY
BY CREATING A HEALTHY WORKPLACE

Some of the costs of poor wellbeing:

75%	$322 billion	$20 million	15% to 20%
OF MEDICAL COSTS ACCRUED MOSTLY DUE TO PREVENTABLE CONDITIONS	OF TURNOVER AND LOST PRODUCTIVITY COST DUE TO EMPLOYEE BURNOUT	OF ADDITIONAL LOST OPPORTUNITY FOR EVERY 10,000 WORKERS DUE TO STRUGGLING OR SUFFERING EMPLOYEES	OF TOTAL PAYROLL IN VOLUNTARY TURNOVER COSTS, ON AVERAGE, DUE TO BURNOUT
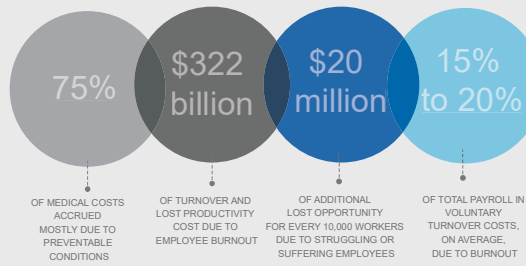
Source: Gallup.com

The good news is that your organization can do something about it and take steps to improve employee wellbeing.

Tips for creating a healthy office environment

REGULAR BREAKS

Employers need to start encouraging staff to take frequent breaks throughout the workday, particulary during lunch. These breaks are crucial for allowing workers to unwind and recharge for the remainder of the workday.

ERGONOMIC FURNITURE

Uncomfortable chairs, desks, and workstations can cause back and neck pain, eye strain, and other health problems. Providing ergonomically designed furniture can help reduce the risk of these problems.

FLEXIBLE WORKING

A positive work environment requires urging employees to balance their personal and professional lives.
Work-life balance is beneficial for relationships and health, but it can also increase productivity and performance among employees.

NOISE CONTROL

Excessive noise can be a source of stress and distraction for employees. Consider using sound-absorbing materials to reduce noise levels in the office,productivity and performance among employees.
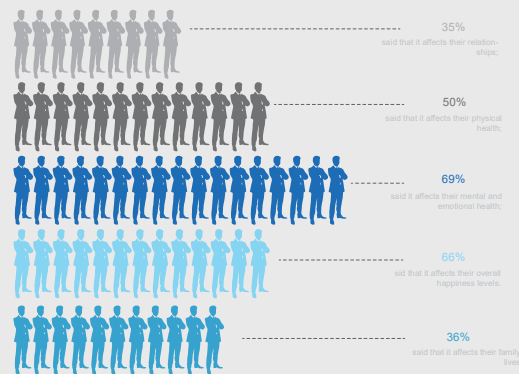
LIGHTING

Exposure to the right amount of natural light can have a hugely positive impact on your health and wellbeing outside of the workplace as well as within it
Healthy light intesity conditions help to avoid eyestrain, headaches and bluerred vision.

AIR QUALITY

A well-ventilated office helps to reduce the spread of airborne diseases and improves air quality. Ensure that your office has adequate ventilation systems that provide fresh air circulation.

EFFECTS OF HEALTHY WORK ENVIRONMENT

According to the survey by the Global Wellness Institute found that the work environment causes individuals to feel unwell, many other aspects of their lives are affected:

35% said that it affects their relationships;

50% said that it affects their physical health;

69% said it affects their mental and emotional health;

66% sid that it affects their overall happiness levels.

36% said that it affects their family lives

Source: Allwork.space

GET A WELL HEALTH-SAFETY RATING

The WELL Health-Safety Rating is a rating system developed by the International WELL Building Institute (IWBI) to help buildings and organizations prioritize and implement health and safety measures.
The rating system provides a framework for assessing and addressing various health and safety concerns, including cleaning and sanitization procedures, air and water quality management, emergency preparedness programs, and stakeholder engagement and communication.

The WELL Health-Safety Rating is based on a set of evidence-based strategies and recommendations developed by IWBI in consultation with public health experts, scientists, and industry leaders. Buildings and organizations can apply for the rating and receive a score based on their compliance with these guidelines.