

Creating a
healthy
workplace



**Reduce absence,
employee turnover
and legal risk,**
and at the same time
**increase performance,
employee engagement
and productivity**

Produced by the
**Faculty of Public Health and the
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Why?



How healthy a person feels affects his or her productivity.

How satisfied they are with their job affects their health - physical and psychological.

Work environments organised to promote health

= decrease in adverse health-related outcomes, (absence, injuries, etc)

= increase in productivity, employee morale and staff retention



It makes business sense to create a healthy workplace



Enhance the wellbeing of your employees...

How?



Leadership is key



consider

- how work is organised and carried out
- physical working conditions
- employee consultation and involvement
- the organisation's policies, procedures and rules

- Creating a safe and healthy workplace
- Recruitment, retention and rehabilitation
- Mental wellbeing and minimise stress
- Musculoskeletal disorders
- Tobacco smoke and smoking cessation
- Alcohol and other substance misuse
- Physical activity and healthy eating



... and increase efficiency in your organisation