

# WHAT IS A HEALTHY WORKPLACE?

In a healthy workplace, organizational leaders, employees and other partners combine efforts to enhance the wellbeing of people at work.



## Healthy workers are good for business!

Organizations that support employee wellness create positive work environments. Not only does this enhance employee health, it also leads to workers being more engaged, satisfied with their jobs and devoted to company success. This, in turn, results in:

- increased productivity
- better staff morale
- reduced absenteeism
- higher retention
- fewer health-related costs
- improved company reputation

### Successful wellness programs ensure that:



**the workplace is free of hazards to physical safety**



**employee mental health is promoted and protected**



**healthy lifestyle choices are encouraged and supported**



**the organization is involved in supporting the community**



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## TBDHU is here to help!

We offer free consultation and resources.

