



WORKPLACE WELLBEING CHECKLIST

To build a resilient workforce, employers need to focus on workforce wellbeing, helping your employees be happy and healthy. In return, an employer will benefit from high levels of staff morale and increased productivity to boost ROI.

Here is your workplace wellbeing checklist:

- 1. Train mental health first aiders:** Early intervention and support can be invaluable for someone who may be experiencing ill mental health.
- 2. Launch an employee wellbeing survey:** Measure various aspects of wellbeing by asking employees what they need so you can address underlying issues head on.
- 3. Promote safe working conditions and training:** Make sure to build and communicate a robust health and safety policy and provide up to date training that keeps you and your people compliant whilst promoting a positive health and safety culture.
- 4. Encourage greater collaboration:** Create regular cross-team activities or away days for better collaboration and prevent working in silo. Team away days help motivate employees and boost productivity.
- 5. Provide correct working stations:** Provide the essential support to prevent risk and injury whilst your employees are working. This could include ergonomic chairs or providing training on how to complete their responsibilities safely.
- 6. Provide your people with the tools and equipment they need:** Empower your people with the correct tools and equipment to complete their duties effectively. This can prevent them from being frustrated by wasted time or admin and should increase output.
- 7. Consider new technologies or processes:** Adopt new technologies that automate and remove manual processes to boost productivity, reliability and reduced operating costs across the organisation.

