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Complete Workplace Health Tutorial

It has always been implied that a company's greatest asset is its employees. Blue collar or white collar, staff or management, these are all employees who are very important for a company to function well. It is therefore a big concern for all companies, whether it's an IT company, manufacturing company, construction company and so forth to keep its employees safe and most of all healthy through good workplace health practices.

Combining good health consciousness and a safe workplace can benefit a company more than just healthier employees. Employees that are healthy and working in a safe environment are more productive. It is important that employees' health and safety are promoted in companies, this article will help companies identify what are the common workplace health practices that they would need to implement. Further information on [fruit at work](#) can be found there.

Checking employees on their mental health and possible psychological issues should be a basic workplace health practice. Employees might be having some psychological issues when they are experiencing too much stress, violence, or are being harassed in the workplace. It is necessary that there is an immediate response to these issues, as it will definitely affect the employee on how he or she does his job.

Stress is always present in our lives, but once it becomes too much to bear, it can have a negative effect in our physical and emotional health. Considering the stress levels of each employees should be remembered by the company even during an economic downturn. Employees losing interest to work, over fatigued, irritable and feeling depressed, withdrawing from interacting with others, might be affected by workplace health deterioration because of stress.

Programs to promote a better workplace health conditions should be present to combat stress. Company sponsored activities such as teambuilding activities, sports festivals between departments, campings, and others are a great way for stress to be lessened or even eliminated. Social interaction between employees outside the context of work will definitely help the company manage the stress level. Detailed resources on [cherries online](#) are located there.

Two forms of harassment that are usually overlook but greatly affects an employee's psychological health are emotional and verbal harassment. Effects of these types of harassment might not be easily seen but it has a lingering effect to an employee. People often feel less confident and have lower self esteem as a result of repeated verbal or emotional abuse, so a good workplace health policy should have a zero-tolerance for any kind of harassment whatsoever.

Looking out for employees being burnt out is also an important aspect when considering overall workplace health. Burnout employees are usually those who are physically and emotionally drained because of long term stress. Burnouts may be because of the individual but still, companies can lend a hand to avoid this scenarios.

Sacrificing personal needs, hobbies, quality time with family and friends just to be able to prove oneself in the workplace can be the reasons for burnout employees. Withdrawal and depression starts to set in and behavioral changes become obvious to others as time passes. Having a social support group among employees are one of the things in a company's workplace health program that will be helpful in this situation.

Eradicating any form of harassment, emotional, physical, verbal or sexual harassment, can be done by just making sure that there is zero-tolerance to any of these. Having a more social and fun workplace can solve having stressed and burnt out employees. Higher workplace health cost savings due to low turnover rates can be benefitted by a company who will be implementing these simple measures.

You can also find this article published on [Complete Workplace Health Tutorial](#), and on the tag pages [Cheerries](#), [fruit](#), [fruit at work](#), [healthy food](#), [healthy living](#).