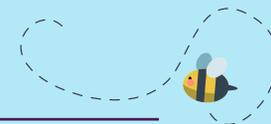


# 10 Springtime Health and Wellness Tips for the Workplace



With the change of season comes a variety of concerns to think about as an employer when it comes to your workers' springtime health and wellness. Plus, there are some health and safety tips it would be wise to refresh everyone on! Below are 10 tips to try.

1



## Declutter Workstations

Get rid of winter's mess. It's time to clean up areas that have long been ignored (hello, file room) and for your workers to get their desks cleared. Doing so improves everyone's productivity and energy!

2



## Practice Drills

For many companies, the safety and well-being of employees are a top priority. This spring, consider practicing safety drills for a variety of scenarios, including springtime weather like tornadoes.

3



## Encourage Outside Time

Outdoor time is great, especially after a dreary winter. Encourage walking meetings and outdoor team-building events to reap the great health benefits including lowered blood pressure, reduced stress, and vitamin D boosts!

4



## Update Injury Policies & Waivers

Whether you're doing a team-building event, running a 5K, or starting a company sports team, it's wise to know the laws and liabilities of each. Your policies and waivers in place will determine how an employee is covered — or not covered.

5



## Regularly Disinfect Surfaces

Flu season can last all the way until May, so keep up with disinfecting surfaces regularly in your office. Nobody wants the flu this time of year!

6



## Check Alarms

Be sure to test your smoke alarms each month and batteries once a year. Many people opt to do battery changes in the spring. Don't forget the carbon monoxide detectors!

7



## Explore In-Season Spring Foods

As a spring wellness challenge, consider having your employees try as much in-season produce as they're willing to for an immune boost from nutrient-rich foods.

8



## Encourage Water Intake

Staying hydrated can stave off headaches and also keeps the body feeling energized. It can also prevent skin dryness in colder months! Try an office-wide water drinking challenge to keep everyone sipping!

9



## Train for Helping Asthmatics

Seasonal allergies can also trigger immune reactions such as sinus infections if left untreated. For any asthmatics in the office, ensure their medical contact information is updated and that colleagues are trained on what to do in case of attack.

10



## Offer Biometric Screenings

Run a biometric screening to help your employees get in tune with where their health is to start fresh and make healthy changes!

*"Spring is the time of plans and projects." — Leo Tolstoy*

