Article published on May 21st 2012 | Health

The biggest asset of a company is its employees. Employees are essentially the ones running the company from top to bottom. Companies are making sure that they are providing their employees a safe and healthy work environment through good workplace health practices. A lot can be gained with good health consciousness and safer workplace, and it is not just having healthier employees; productivity is increased with healthier employees and safer working environment.

It is the duty of the employer to have care for its employees but with so many aspects to consider, it can be easy to overlook certain aspects. This is why having a clear record of what has to be done to ensure workplace health and security is essential for all companies.

One of the worst things about workplace health and safety is that it is commonly the action or behavior of staff members that create unsafe conditions and cause accidents to occur. Spilling water or a drink on a floor may not lead to an accident if it is properly cleaned up but if the spillage is not properly dealt with, someone could easily slip. There is not much an employer can do if staff members do not behave in a proper manner but staff should always be encouraged to tidy up behind them and ensure that no mess is left at their back.

Workplace wellness programs benefit both employer and employee. For many companies, workplace wellness programs have become a valuable asset by lowering costs in absenteeism and work related injuries as well as disability management costs and worker's compensation claims. Studies have found that employee absenteeism is directly related to four primary factors. Depression, anxiety and other mental health disorders topped the list at 66% while stress came in a close second at 60%. Negative relationship with a supervisor or manager yielded 44% and co worker conflict in the workplace was at 28%. These factors can be effectively combated by employing workplace wellness programs. Healthy organizations enjoy increased employee morale and an improved ability to attract and retain key people. Additionally, employees are more alert and productive.

Employees enjoy their share of benefits from workplace wellness programs too. A healthy lifestyle affects every part of a person's life, including their work environment. Workplace wellness programs result in fewer injuries, less human error and a work environment that is more harmonious and relaxed. Additionally, employees who work at a company that implements a workplace wellness program know that their organization is concerned about their health and wellness. Employees often report a reduction in their stress levels due to workplace wellness programs.

The Global Corporate Challenge (GCC) is the worldâ€™s largest and most exciting workplace health and wellness program with independently proven results. The GCC improves staff health and wellness, promotes teamwork, reduces absenteeism and creates a culture of resilience across entire organizations. In 2012, over 180,000 participants will benefit from the scientifically proven effectiveness of the GCC. Know more about GCC at http://www.gettheworldmoving.com

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Article Keywords:
Workplace Health and Wellness Program

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