



Why environmental wellbeing matters in the workplace

The Quick-Start Guide to prioritizing environmental wellbeing for your team





Environmental wellness at work

Creating a workspace where physical health and mental clarity can thrive adds to environmental wellbeing.

By incorporating elements like natural light, fresh air, quiet zones, recycling, and green commuting, employees experience reduced stress, greater satisfaction, and increased productivity.

Supporting sustainable practices not only bonds your team but also benefits the planet.

Employee environment and sustainability statistics you'll want to know

According to an employee engagement study by Cone Communications, **51% of employees indicated they would not work for a company that doesn't have strong policies addressing social or environmental sustainability issues.**

— Business Leaders Today

In a 2022 study of 850 companies worldwide, **80% said they plan to increase their investments in sustainability.**

— WeWork

In a 2021 survey of 1,010 U.S. adults, Gallup found that **43 percent worry about global warming "a great deal"** and 22 percent worry "a fair amount."

— Gallup

The implementation of ergonomic interventions can **reduce the likelihood of developing work-related musculoskeletal disorders by 59%.**

— Gitnux

Questions for L&D Leaders

- ▶ In what ways is our current workspace supporting (or perhaps hindering) employees' wellbeing, comfort, and connection to sustainable practices?
- ▶ How well does our current approach to environmental wellness align with our values and goals for fostering an inclusive, supportive workplace culture?



Steps to Kickstart a Green Workspace

- 1. Survey Your Team:** Use the [Environmental Wellbeing Employee Survey](#) to understand motivations and insights.
- 2. Prioritize a Healthy Physical Space:** Ensure clean air, ergonomic furniture, good lighting, and a comfortable layout for everyone.
- 3. Implement Green Practices:** Adopt recycling, waste reduction, and energy-efficient practices. Provide resources and encourage outdoor breaks.
- 4. Engage in Community Efforts:** Support local environmental initiatives like park or beach cleanups to build team connections and give back.
- 5. Provide access to [OpenSesame online training](#) on environmental wellness:** This encourages individual learning and inspiration, ongoing.
- 6. Create Relaxation Zones:** Dedicate quiet spaces for employees to recharge, meditate, or stretch.
- 7. Offer Flexible Workspaces:** Design adaptable spaces that support different tasks, and consider remote work options for better balance.
- 8. Prioritize Safety:** Conduct regular safety drills, maintain equipment, and offer ongoing safety training.
- 9. Incorporate Natural Elements:** Boost mood and productivity with plants, calming colors, and appealing artwork.
- 10. Evaluate & Evolve:** Keep improving by regularly gathering feedback and adjusting your approach.

Questions for L&D Leaders

- ▶ How can our L&D team support ergonomic and safety practices across both on-site and remote workspaces to ensure all employees feel comfortable and secure?
- ▶ What additional training or resources could we provide to help employees create and maintain a healthier, more organized workspace?



Tips for creating a safer, more comfortable workspace

Ergonomic workspace design

- Provide adjustable furniture like chairs and desks for personalized comfort.
- Make sure lighting is good and reduce screen glare.
- Offer workstation assessments to boost comfort and productivity.
- For remote workers, consider a stipend to help set up an ergonomic home office.

Safety protocols & training

- Hold regular safety training and clearly communicate emergency procedures.
- Keep safety equipment up to date and accessible for everyone.
- Offer accommodations like ramps, accessible restrooms, and clear signage.
- Set up an easy process for reporting maintenance needs.
- For remote teams, help new employees establish home safety protocols during onboarding.

Clean & healthy environment

- Maintain high standards of cleanliness and hygiene in shared spaces.
- Encourage periodic decluttering to keep workspaces organized.
- Ensure good air quality and ventilation, and consider adding plants or green spaces to boost aesthetics and air quality.

Noise management

- Install soundproofing in high-traffic areas.
- Designate quiet zones for focused work and recharge time.
- For remote workers, offer noise-canceling headphones for a quieter workspace.

Ideas for individual environmental wellbeing

Boost your workspace comfort, efficiency, and sustainability with these simple steps:

- ❑ **Take a nature break:** Go for a lunchtime walk to recharge with fresh air.
- ❑ **Declutter and optimize lighting:** Clean up and switch to natural or energy-efficient lighting.
- ❑ **Use ergonomic equipment:** Try an adjustable chair or standing desk for comfort.
- ❑ **Choose eco-friendly transport:** Bike, carpool, or take transit. If remote, step outside before work.
- ❑ **Volunteer locally:** Join initiatives like park cleanups or tree planting.
- ❑ **Add greenery:** Indoor plants improve air quality and create a calming vibe.
- ❑ **Switch to reusables:** Use refillable bottles, coffee cups, and utensils.
- ❑ **Unplug devices:** Save energy by turning off electronics when not in use.
- ❑ **Start a sustainability group:** Share eco-tips with colleagues and brainstorm green ideas.
- ❑ **Go digital:** Reduce paper use by opting for digital documents.

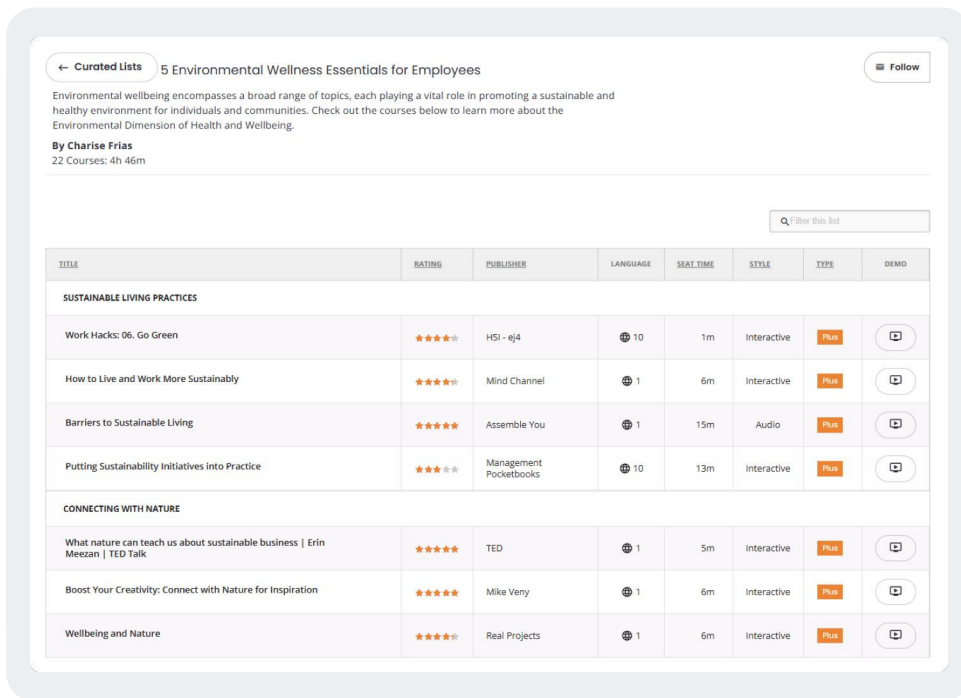
All this and ongoing support for your team with OpenSesame

Have questions about this guide or our resources? Want to collaborate with the curation team on a custom Wellness training plan using the OpenSesame catalog?

We're here for you! Reach out to your Customer Success Manager today <CTA>.

Here's our curated list of 22 OpenSesame Select courses to support your team:

5 Environmental Wellness Essentials for Employees



← Curated Lists 5 Environmental Wellness Essentials for Employees Follow

Environmental wellbeing encompasses a broad range of topics, each playing a vital role in promoting a sustainable and healthy environment for individuals and communities. Check out the courses below to learn more about the Environmental Dimension of Health and Wellbeing.

By **Charise Frias**
22 Courses: 4h 46m

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