**North East School Division**

**Unpacking Outcomes - Module 12: Employee Wellness (Core)**

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| **Unpacking the Outcome** | | |
| Justify --> importance of wellness practices | | |
| **Outcome**(circle the verb and underline the qualifiers) | | |
| Justify the importance of wellness practices for employers and employees. | | |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| Vocabulary:  Productivity  Ergonomics  Mental wellness  Physical wellness  Factors influencing employee wellness:   * snacks, atmosphere, movement opportunities (\*1) | That   * The work environment can impact an employee's physical and/or mental wellness which impacts productivity * Research has identified options for reducing the negative impacts associated with office work   + Not all options work for everyone.   + Research in physical and mental wellness is ongoing and subject to change | 1. Research practices that impact employee productivity, profit and retention. 2. Identify factors \*1 that influence employee wellness. 3. Examine the impact that sitting at a desk or computer has on physical and mental wellness. 4. Perform stretches designed for employees that are working at a desk or computer for extended periods. 5. Design a company policy regarding employee wellness. 6. Identify ergonomic risk factors and plan an ergonomic workstation. |
| **ESSENTIAL QUESTIONS** | | |
| As an employer, how can I help my employees to be more productive?  How can working in an office impact your health? | | |