**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:ProductivityErgonomicsMental wellnessPhysical wellnessFactors 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.
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| **ESSENTIAL QUESTIONS**  |
|  As an employer, how can I help my employees to be more productive?How can working in an office impact your health? |