


PREVENTING ILLNESS IN THE OFFICE



Spreading sickness at work is easy and costly, often setting off a negative chain of events that can impact the health of coworkers, companies, and the economy.

ANNUAL COST of Illness at Work

\$87.1

Billion

Total economic burden of annual influenza ¹



\$225.8

Billion

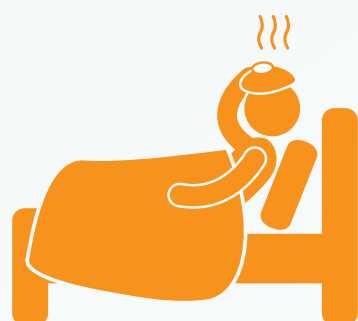
Annual cost of productivity losses related to health problems ¹



\$8

Million

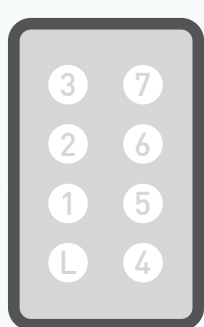
In lost productivity due to employee absenteeism ²



HAND HYGIENE ALERT Germ Hotspots

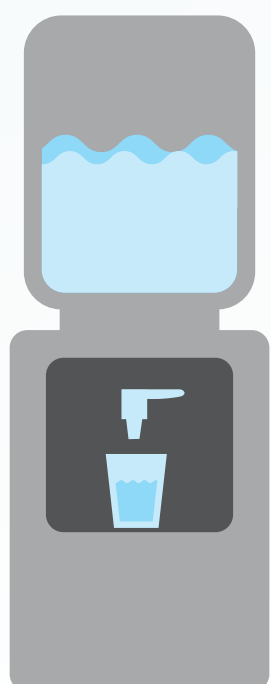
Elevator Buttons

Essential for the day's coming and going, watch out for the lobby button in particular



Door Handles

One of the first things that employees have to touch after the morning commute, going out to lunch, or visiting the washroom



Break Room Appliances

Refrigerator, water cooler, faucet, and microwave – touched by countless employees, and their food



Conference Room Tables

Not only touched by hands, but employees' possessions: pens, computers, notebooks, and dirty tissues



Desk

When was the last time you wiped off your desk? When was the last time you saw your coworkers wiping off theirs?

TIPS for a Healthy Office

Frequently wash your hands for 20 seconds

with soap and running water, particularly after using the restroom or visiting the break room

Dry thoroughly

with a disposable paper towel



Sanitize when hands aren't visibly dirty

Cover your coughs and sneezes

Wipe off your desk, phone and computer

Stay home when you are sick

to prevent the spread of illness



SOURCE

¹ <http://www.cdc.gov/workplacehealthpromotion/businesscase/reasons/productivity.html>

² <http://www.workforceinstitute.org/wp-content/themes/revolution/docs/Absenteeism-Bottom-Line.pdf>

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