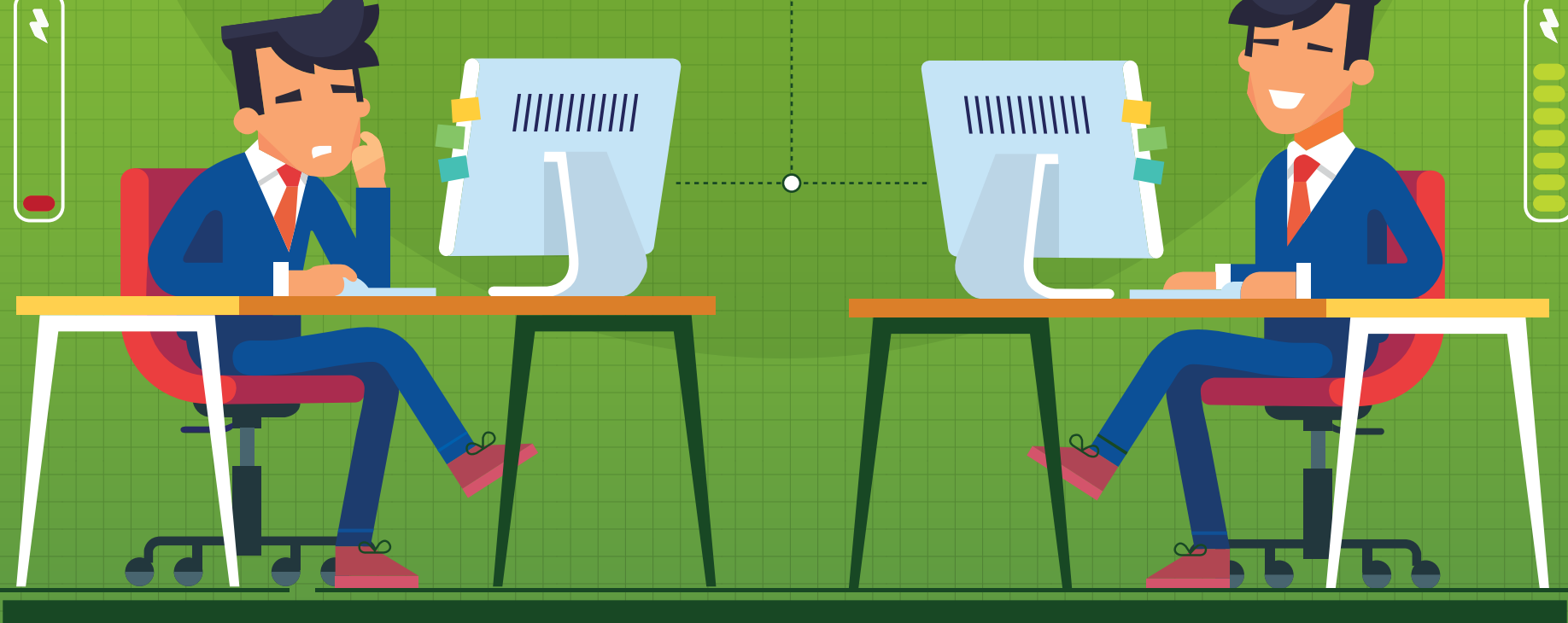


# HOW TO INCREASE YOUR EMPLOYEES PRODUCTIVITY IN THE OFFICE



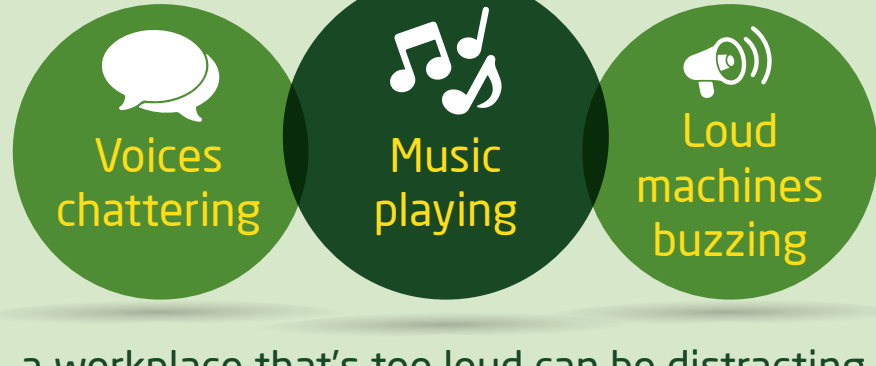
Productivity can be your greatest asset as a business owner... or your greatest expense. If you're one of many employers struggling to light a fire under your employees, there are proven ways to boost staff yield and efficiency. With just a few simple changes, you can inspire your workers to work smarter and harder.

Here are five ways to enhance productivity in the office from the pros at **Naturals2Go** .....

01

## Balance Your Noise Levels

A noisy work environment is not one that promotes productivity. However, a completely silent workplace is also not ideal. You must strike a careful balance. In a recent survey, the number one factor employees cite as disrupting productivity is noise.



a workplace that's too loud can be distracting.

Yet not enough noise can make employees feel anxious and uncomfortable. Light background noise can put your staff at ease. Accomplish noise reduction by installing sound-absorbing furniture, such as throw rugs on tiled floors.

02

## Make Your Employees Comfortable



Full-time workers spend an average of **40 to 70 hours in the workplace** every week of their lives. As an employer, it's your job to make sure your staff members spend this time as efficiently as possible. If your office has uncomfortable chairs, outdated desks, and other elements that make employees uncomfortable, they cannot focus **100%** of their attention on their tasks. Uncomfortable furniture can lead to health problems, increasing sick days and missed time at work.

Invest in ergonomic office furniture that supports strong, healthy body mechanics. Certain chairs, for example, have designs that reduce muscle tension and strain.



Workers can sit in these chairs longer than other types, reducing downtime and keeping employees happier. Ergonomic desks also optimize employee comfort and physical wellbeing with smart designs and special features. Ergonomic furniture can be a significant investment, but you'll enjoy stellar returns in the comfort and happiness of your workers.

03

## Eliminate Bad Lighting

Lighting in the office can present a significant issue for employees. When working inside all day, the lack of natural light can lead to headaches, drowsiness, and lack of energy. Fluorescent lights and artificial lights create a harsh work environment that stresses your employees. It can lead to a cold, clinical feel in the office that is not conducive to team work and productivity. At the same time, not enough light can contribute to sleepy staff members, eyestrain, and trip and fall accidents.



Find your ideal office lighting by implementing just the right amount of natural light. Combine light from the great outdoors with artificial lighting in appropriate ways, such as desk lamps with soft, warm light. Open the blinds in your office and try to hold conferences in the room with the most windows. Employees who can bask in real light may be more alert, productive, & useful around the office. Filling your office with sunlight is an easy way to boost workplace efficiency without spending a significant amount of money.

04

## Improve Air Quality



The air your employees breathe can make a considerable difference in how well they work. Inside air can affect the ability to work by making it uncomfortable or unsafe to remain in the office. Air quality involves ventilation, temperature, humidity, lack of outside air, and exposure to mold or harmful chemicals. Good indoor air quality can keep employees sharp, alert, and healthy. Signs that you have poor air quality at work include:

- Standing water
- Unpleasant odors
- Fever and illness
- Water damage and leaks
- A hot and stuffy building
- Shortness of breath or asthma
- Visible mold anywhere in the office
- Cough, sore throat, respiratory problems

Physical symptoms such as headaches or drowsiness

There are professionals you can hire to assess the indoor air quality in your office & recommend repairs - something as simple as opening a few windows in your office can improve indoor air quality and boost productivity. It can also help you avoid safety violations and liability for employee illnesses relating to poor work environment.

05

## Partner with an Independent Naturals2Go Healthy Vending Machine Operator

One of the simplest and most effective changes you can make to enhance worker productivity is to install an affordable, scalable **Naturals2Go vending machine**.

You can't control the quality of food your employees bring to work, but you can provide them with healthier snacks that fuel the body throughout the workday. By putting the right types of food within your employees' reach, you can boost energy levels and reduce sick days.



If you currently have vending machines that offer only junk like potato chips, candy and soda, you're serving foods that can ultimately impact productivity levels. Instead, you can contact Naturals2Go about getting a vending machine in your location and we can partner you up with one of our many independent operators. Your employees can snack on nutritious, protein-packed foods such as lentil chips, black bean chips, apple slices, fruit strips, Smartfood popcorn, and veggie crisps while at work. Brain food can contribute to your employees' health, energy, and all-around success. Contact us today and we'll connect you with a certified Naturals2Go Operator in your area!



www.naturals2go.com