

# REST & RECOVER

By ensuring that your employees have enough rest and breaks during working hours, you can expect your workforce to stay alert, make the right decisions and avoid mishaps and accidents. A well-rested workforce can help reduce overall healthcare cost to your company.



## BENEFITS OF HAVING RESTED & HEALTHIER EMPLOYEES

When your employees have enough rest and breaks, they will have:



Stronger immune systems and are less likely to suffer from illnesses



Better focus at work that will boost their productivity



Fewer lapses in concentration also help to prevent work accidents

## WHAT EMPLOYERS CAN DO

Introduce a healthy culture and work environment with these actions:



Schedule regular breaks for workers to prevent physical fatigue and help them to stay alert



Provide workers with a proper rest area



Offer easy access to clean hot/cold drinking water



Train supervisors to educate workers on symptoms of dehydration during interactions with other workers, and observe social distancing in the current COVID-19 situation



Empower supervisors to reassign work should the worker show signs of inadequate sleep or lack of alertness



Educate workers (e.g. through teleconference talks and e-posters) on the impact and benefits of sufficient sleep

