

New Study Reveals Millennial Employees' Top Concerns About the Workplace

A By Carol Keogh
recent survey of Millennial workers across the country identified the top three elements of their workspace that are most important to their productivity and personal wellness.

The national survey of 1,836 Millennials was conducted jointly by ESI Ergonomic Solutions and OnePoll, a leading online market research firm.

Millennial respondents rated the top three most important factors for overall work productivity as:

- » 29% proper lighting
- » 26% ability to control noise level
- » 24% ability to control distractions

The top three most important factors for personal wellness were:

- » 30% proper lighting
- » 25% ability to control noise level
- » 25% the option to sit and stand while working

Other elements of concern by Millennial workers for both work productivity and personal wellness included the need for adaptable workspace options, access to privacy, access to the outdoors and décor. According to Carol Keogh, President and CEO of ESI Ergonomic Solutions, "Employers who pay attention to the needs of their Millennial employees will likely have better long-term engagement, as well as increased productivity, retention and wellness."

Keeping employees healthy is a top priority for many companies in 2015. A recent study by Virgin Pulse indicated that 86% of organizations agreed that wellness has a significant influence on engagement.

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As Apple CEO Tim Cook recently said: 'Sitting is the new cancer.' Keogh agrees. "Humans weren't designed to sit for long periods of time. Studies confirm that 'over-sitting' contributes to obesity, poor circulation and digestion, and overall physical discomfort. If you're truly interested in making a difference for your employees, ask them about their physical work environment and proactively find ways to make improvements."



ABOUT ESI ERGONOMICS

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