

Live Well Workplaces

Submission Date

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Contact Information

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Business Information

Name of Business: Pashek+MTR
Address: 619 East Ohio St
City: Pittsburgh
Zip Code: 15212

Pashek+MTR agrees to the implementation of action steps related to building the workplace environment, including:

Ensure well-lit, safe stairwells
Provide access to water fountain, water dispenser, water cooler
Provide access to secure bicycle storage area in safe, convenient location
Consider a tobacco/smoke-free work campus
Provide space for or create workplace garden(s) that employees can build and maintain

Pashek+MTR agrees to the implementation of action steps related to policy integration, including:

Establish and communicate tobacco-free workplace policy that includes tobacco cessation resources for employees
Offer employee flex work hours to allow for opportunities for physical or wellness activity before, during, after work, and lunch breaks
Provide or insure that your employees have access to comprehensive health insurance that includes dental and eye care as well as preventive care without co-pays

Pashek+MTR agrees to the implementation of action steps related to health education, screening, and prevention, including:

Support stretching and physical activity breaks during work hours and meetings
Encourage stair use through attractive and visible prompts
Provide easy-to-access information about local programs and opportunities for physical fitness, community health related events, farmers markets
Other commitments related to health education, screening, and prevention

Provide bicycles for employees to ride to short-distant meetings, on errands or while on break.

Pashek+MTR agrees to the implementation of action steps related to leadership commitment and employee ownership, including:

Company mission/vision statement supports employee health and value of wellness programs in the workplace

Signature

Adriana Lemos