

# Sample Staff Survey 1

(Please amend as appropriate)



**Irish Heart  
Foundation**

As an employer we understand the importance of staff health and wellbeing. We know that being active improves both our physical and mental health. We would like to make our workplace one that supports staff to be more active during the working day.

We would love to hear your thoughts on how we can achieve this.

## Travel

**How do you travel to work?**

Walk/Run     Cycle     Public Transport     Drive     Work from Home

**How do you travel to external meetings?**

Drive/Taxi     Walk     Cycle     Not applicable

Combination of the above .....

**Are there any barriers preventing you from taking a more active form of travel that we could help with?**

## Organised Activity

**Do you currently do any physical activity during breaktimes?**

Walk     Run     Exercise Class     None     Other .....

**Would you like to be more active during your breaktimes?**

Yes     No

**Do you feel there are barriers to getting active during your breaktimes?**

Yes     No     If yes, what are the barriers? .....

**Would any of the following organised activities be of interest to you?**

Step Challenge     Couch to 5k Group     Running Group     Walking Group

Workplace Walking Route     Lunchtime Exercise Class     Other .....

## Workplace Environment

**Do you feel that the workplace environment supports staff to move regularly throughout the day?**

Yes     No     Sometimes

**What changes could the workplace put in place to encourage staff to move regularly during the working day?**

## Remote Working

**Do you work from home?**

All of time     Sometimes     Never

**What changes could we put in place to encourage staff who work remotely to move more throughout their day?**