

Sample Staff Survey 2

(Please amend as appropriate)



**Irish Heart
Foundation**

As an employer we understand the importance of staff health and wellbeing.

We have been making some changes to help support staff to get active and we would love to get your feedback to help support future initiatives.

Travel

Since the promotion of active travel began have you changed how you travel to external meetings?

Yes No Sometimes

Have you changed how you travel to work?

Yes No Sometimes

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

Organised Activity

Have you taken part in any of the following?

Step Challenge Couch 2 5k Group Walking Group Move More Challenge

If so, what did you enjoy most about the activity?

If not, were there any barriers to participating?

Is there any other activity you would like to see promoted?

Workplace Environment

Do you feel the new changes to the workplace environment such as _____, supports staff to move regularly throughout the day?

Yes No Sometimes

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

Would you like to share any other feedback?

Would you like to be on the organising team for any future activity initiatives?