WORKPLACE ADJUSTMENTS

HAVE ACCESS TO COLD WATER EASILY AVAILABLE

CONSIDER A ROOM DEDICATED TO ALLOW FOR PEACE & QUIET
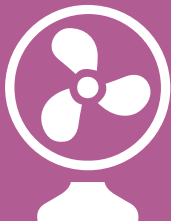
PLACE DESKS BY A WINDOW

DEPENDING ON THE JOB THINK ABOUT UNIFORMS AND MATERIALS USED

MAKE FLEXIBLE COMFORT BREAK ALLOWANCES

NOTICE CHANGES IN COLLEAGUES PERSONALITY

MAKE DESK FANS WIDELY AVAILABLE

ENCOURAGE MENOPAUSE CHAMPIONS

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