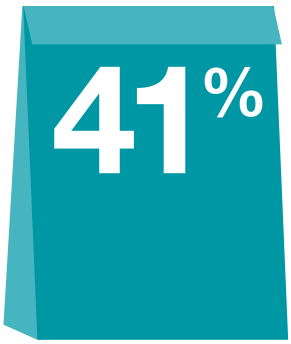
Building the Case for a Better Breakroom

STAPLES Business Advantage®

According to a 2014 Staples® survey of office workers and managers, regular breaks improve work and personal happiness (59 percent and 43 percent, respectively). The same survey found that 90 percent of employers encourage workers to take breaks. Also data from the Society of Human Resources Management finds that 91 percent of employer organizations currently offer a breakroom or kitchenette.

Then why do more than a quarter of workers actually skip their breaks and avoid the breakroom?

The answer might be in the breakroom itself. If the breakroom isn't viewed by employees as an inviting, comfortable or engaging place to actually take a break, they likely won't spend much time there. In many cases, simply making a few upgrades to your breakroom can improve worker productivity, collaboration and satisfaction. Following are a few more insights from the Staples survey that may help identify ways you can encourage the use of your breakroom to increase organizational productivity.



of workers only use the breakroom to store food

More women (47 percent) use the breakroom to store their lunch than men (34 percent). In fact, 28 percent of men only use the breakroom for coffee and 10 percent of men say they don't use the breakroom at all.



17%

of employees use the breakroom for short, recharging breaks

The breakroom has an image problem. Most workers use it more like a drive-thru, grabbing coffee or supplies quickly, but don't actually spend time there. As a result, they're not really recharging — they're just charging.

58%



of employees said a well-stocked/ comfortable breakroom would encourage breaks

Some of the easiest improvements to make include new seating options, adding a television, introducing new snacks or drinks, and ensuring the breakroom is a clean and organized place to spend time.



is how long it can take employees to find coffee outside of the office when it's not available

According to the Staples survey, 30 percent of workers don't have coffee available to them in their office and another 8 percent have access to coffee, but must pay for it out of pocket. Workers leaving the office for coffee is a recipe for reduced productivity. Employees are more likely to stay in the office — and be more productive — when there's coffee available in the breakroom.

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10%

of workers said they would take a nap during a break if it was offered

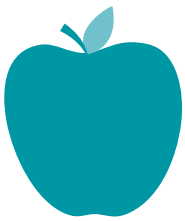
If your organization is facing a "recharging" issue and you have data that suggests your employees would want to take a nap, adding couches or smaller private breakrooms might be a way to help employees refresh.



4%

of workers eat breakfast in the breakroom

That's a big difference from the 30 percent that eat lunch there. While scheduling certainly plays a role in the decision, adding items like toasters and cereal bins to the breakroom encourages employees to have breakfast in the breakroom.



56%

of workers said adding a preferred snack item to the breakroom would make them feel appreciated

What defines a preferred snack? The majority of workers (57 percent) prefer healthy snacks like granola bars to candy or chips (10 percent). Healthier employees are more productive employees both in the short-term and long-term.



86%

of workers said taking a break increases productivity throughout the day

Providing workers the right place and reasons to take that break in the office will improve the entire organization's productivity. (Three percent of employees say they "barely get up from their desk" during the day).

"It's important that employees understand the value of taking a quality break," said Tom Heisroth, Senior Vice President, Commercial and Enterprise Sales, Staples Business Advantage®. "This survey indicates employers are encouraging employees to take a break, but they need to back that up by providing a well-stocked breakroom that encourages employees to step away and not feel tied to their work."

To find out how Staples Business Advantage can help your organization improve your breakroom, please visit StaplesAdvantage.com/breakroom.

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