



## **Workforce Benefits**

- ▶ Adds **physical activity** into busy daily routines
- ▶ Improves **physical & mental health**
- ▶ Reduces **stress & burnout**
- ▶ Saves **money** on commute costs
- ▶ Provides **better work experience**
- ▶ Enhances **energy, focus, & productivity**

## **Business Benefits**

- ▶ **Retains staff & attracts talent**
- ▶ Increases **job satisfaction, loyalty, & morale**
- ▶ Raises **employee & operational performance** to boost productivity
- ▶ Lowers **healthcare, turnover, & facilities costs**
- ▶ Improves **sustainability**

# The Business Case for Bike-Friendly Workplaces

When employee wellbeing thrives, employers directly benefit—they deliver **higher productivity**, take **fewer sick days**, and have **lower rates of burnout, accidents, and turnover**. Yet, poor employee health can be a big challenge for employers. At the crux of the problem lies **the lack of physical activity**, which can lead to chronic disease and mental health issues.

Employers can **make it easier for employees to add physical activity** into their daily lives **by supporting bike commuting** through resources, tools, amenities, and benefits, which create bike-friendly workplaces.

Read on about the **business case for bike-friendly workplaces**, **scalable strategies** for supporting bike commuting, and using **free resources and tools** from Get There Oregon and partners.

## What's the Return on Investment?



### **Engage & Grow Your Workforce**

Improve retention through greater employee engagement, job satisfaction, and loyalty, while offering enticing benefits to attract new talent.



### **Boost Performance & Productivity**

Enhance employee and operational performance to yield greater efficiency, innovation, service and product delivery, and sustainability.



### **Reduce Operating Costs**

Save money otherwise spent on company healthcare and replacing staff, in addition to parking facilities.



# How to Build Bike-Friendly Workplaces

There's a **wide range of scalable, low-to-higher cost strategies** for supporting employee bike commuting that include:



## Resources & Tools

- ▶ Provide **information** on biking benefits, gear, route planning, maintenance, riding skills, services, and onsite amenities.
- ▶ Equip employees with **route planning tools** like Get There Connect and Google Maps.
- ▶ Coordinate employee **bike commute planning sessions** with Get There Oregon's local partners.
- ▶ Foster **coworker support** through information sharing and mentoring.
- ▶ Hold **workshops** and **bike tune-up events**.



## Amenities

- ▶ Provide plenty of **secure, convenient, and quality bike parking** that's sheltered if outdoors.
- ▶ Set up a **repair area** with tools, supplies, and a work stand so employees can fix bikes, air up tires, and do tune-ups.
- ▶ Offer **lockers, private changing rooms, and/or shower facilities**.
- ▶ Enable employees to **charge up e-bike batteries**.



## Benefits & Rewards

- ▶ Give **wellness credits** to buy bikes and gear.
- ▶ Provide **emergency ride home** options.
- ▶ Offer **loaner bikes** for trial use.
- ▶ Extend **internal rewards** and **incentives**.
- ▶ Take advantage of **statewide challenges** and **local rewards programs**.



**"Get started by assessing your workplace's bikeability and asking employees about their needs, interests, and ideas. Make quality bike parking a top priority and then outreach to employees, especially new hires, on the ways your workplace supports their commute."**



— John Landolfe,  
Transportation Options  
Coordinator, OHSU

[READ Q&A](#)



**Resources.  
Support.  
Solutions.**

 **get there**

## Need Help?



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Contact:

✉ [Employers@GetThereOregon.org](mailto:Employers@GetThereOregon.org)

☎ 971-202-9758

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