

SHIP: Safety and Health Improvement Program

Employees become healthier when their supervisors and teams work together to support safety communication, healthier lifestyles and work-family life. The Safety and Health Improvement Program (SHIP) is an evidence-based workplace toolkit designed to help organizations promote employee health, safety, and work-life balance by increasing supervisor support and team effectiveness.

What does the SHIP toolkit offer?



1-hour online training to help supervisors & managers become better communicators and supportive leaders



Behavior tracking for supervisors to reinforce training and set goals



Team Effectiveness Process to brainstorm improvements in work practices, communication and work environment



Follow-ups to ensure that learned behaviors becomes part of daily practices

Why adopt SHIP?

Three-fourths of employees believe the worker has more on-the-job stress than a generation ago.

-Princeton Survey Research Associates

Problems at work are more strongly associated with health complaints than are any other life stressor more so than even financial problems or family problems.

-St. Paul Fire and Marine Insurance Co.

Testimonial:

"Employees were cautious at first, but now they're the ones asking supervisors if they can revisit the team effectiveness goals. They're really enthusiastic."

**Suzanne Kahn, Maintenance Director
Portland Bureau of Transportation**

SHIP results:

Study participants showed an improvement in blood pressure. Employees who reported having weaker relationships with supervisors at the beginning of the study saw improvements in team effectiveness & work-life balance.

More about SHIP

SHIP is a self-paced and ready-to-use toolkit that can take 6 hours to complete.

All components of the toolkit are free except for an annual license for the online training. Contact us for education & non-profit discounts.

Trial one-time use: \$25
2 to 9 Trainees: \$250
10 to 49 Trainees: \$500
50 to 99 Trainees: \$1,000
100 to 500 Trainees: \$5,000

Ready to get started or have questions?

**Helen Schuckers
Dissemination Liaison**

✉ schucker@ohsu.edu

☎ (503) 494-2425

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