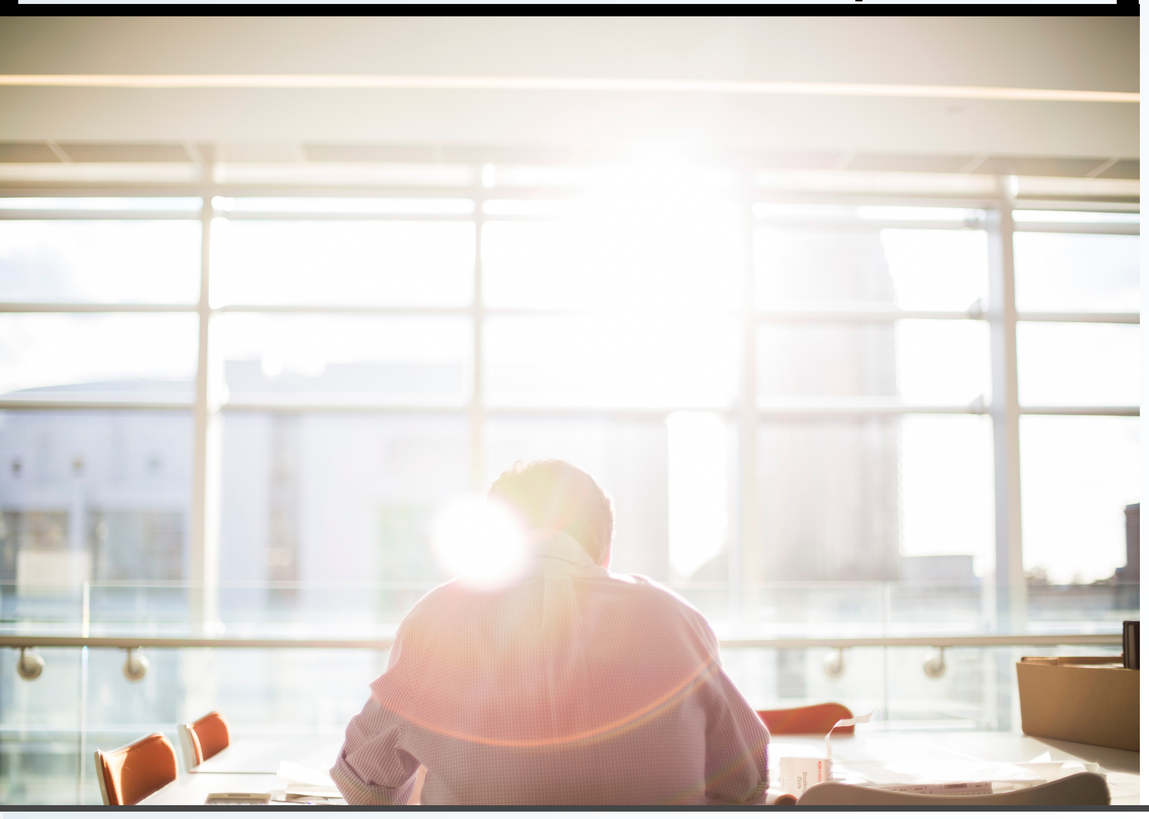
Oregon Healthy Workforce Center

For more information visit www.ohsu.edu/ohwc & YourWorkpath.com



About Our Center

The Oregon Healthy Workforce Center is one of six Total Worker Health® Centers of Excellence. Our mission is to conduct Total Worker Health research and develop programs to improve the health, safety, and well-being of workers across industries. Since our start in 2011, we have produced four toolkits that together have effectively improved:

- Supervisor communication and performance
- Safety climate
- Work safety practices and compliance
- Sleep, diet and exercise behaviors
- Team effectiveness
- Knowledge of safety and health

Why Total Worker Health®?

Conceptualized by the National Institute for Occupational Safety and Health, Total Worker Health® is an approach that jointly addresses workplace factors such as hazard reduction and work design with employee-related issues like illness prevention and health improvement in order to reduce injury, increase safety, and enhance worker well-being.

We typically spend much of our waking hours at work. It is inevitable that factors at the workplace contribute to our health and well-being, both at work and at home. For example, stress at work has been associated with burnout and anxiety, shift work can increase the risk for sleep disorders, and various work-related risk factors have been linked to injury, musculoskeletal disorders, depression, unhealthy lifestyles and many chronic diseases. In turn, health concerns are linked with injury, absenteeism, turnover, and productivity.

The United States spends nearly $250 billion on occupational disease, injury, and death.

Integrated Total Worker Health programs have:

Reduced workers compensation claims and costs

Reported a Return on Investment (ROI) of $2.05 to $4.61 per dollar invested

OREGON HEALTHY WORKFORCE CENTER
NIOSH TOTAL WORKER HEALTH® CENTER OF EXCELLENCE

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