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&

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Total Worker Health Adviser, SAIF Corporation



**Dede Montgomery, MS, CIH**, leads the Oregon Institute of Occupational Health Science's Outreach and Education Programs at OHSU, and provides industrial hygiene technical expertise to its research. She is also the outreach and education director for the NIOSH-funded Oregon Healthy Workforce Center and the board chair for the Oregon Young Employee Safety Coalition (O[yes]). Dede has more than 30 years' experience as an industrial hygienist and safety and health professional working in both government and the private sector, and is a Certified Industrial Hygienist. She received her M.S. in public health from the University of Washington and her B.A. in Biology from the University of Montana. Dede is the current vice president of the Columbia-Willamette Chapter of the American Society of Safety Professionals and sits on ASSP's Council on Professional Affairs and its Total Worker Health Task Force.

**Liz Hill, CIH, CSP, MPH**, is the Total Worker Health Adviser for SAIF Corporation. Liz has more than 20 years of experience in professional health and safety with a short stint in international health work. Prior to joining SAIF, Liz worked in a variety of industries from oil and gas to higher education. Liz has B.S. in industrial hygiene from Utah State University and a master's in public health from Oregon State University. She holds the designation of Certified Industrial Hygienist and Certified Safety Professional. Liz is currently serving on the American Industrial Hygiene Association's Safety Committee as an officer and on Total Worker Health Task Force and Leading Health Metrics teams.

## **Total Worker Health 101: The Basics**

This class is the prerequisite course within the curriculum. Additional modules will augment and broaden knowledge and skill sets within the TWH discipline, and evolve as informed by research and practice. The purpose of the Oregon Total Worker Health Alliance curriculum is to create and provide consistent and reproducible training that is research-based and supports current practice. Materials used include the *Fundamentals of Total Worker Health Approaches: Essential elements for advancing worker safety, health, and well-being* (CDC/NIOSH Dec. 2016).

The objectives of this half-day class are to:

1. Define terms and concepts essential to TWH
2. Identify the five defining elements of TWH
3. Discuss how organizations can effectively implement TWH
4. Develop “next steps” applicable to participant’s organization