



SNAPSHOT

The mission of the Oregon Healthy Workforce Center (OHWC) is to improve the safety, health, and well-being of workers through Total Worker Health[®] research, dissemination, outreach, and education. OHWC is one of six National Institute for Occupational Safety and Health (NIOSH) Total Worker Health Centers of Excellence representing OSHA Region 10 (Oregon, Washington, Alaska, and Idaho).

PEOPLE & INDUSTRIES

Examples of some of our industry partners and projects



CONSTRUCTION WORKERS

Training supervisors in construction to be more effective and encouraging workers to live safe and have healthy lifestyles at work and home



PARKS & RECREATION YOUNG WORKERS

Initiating safety at work and healthy living for young workers can help reduce injury on the job



SUPERVISORS & MANAGERS

Teaching supervisors to support work-life balance among their employees can improve safety, health and well-being in the workplace



TRUCK DRIVERS

Helping long-haul truck drivers get better sleep by teaching better sleep hygiene and improving their vehicle



HOME CARE WORKERS

Creating supportive communities for isolated workers can help home care workers reduce hazards at work and make healthy choices



CALL CENTER WORKERS

Helping call center workers sit less and move more on the job to increase physical activity and improve cardiovascular health

INDIVIDUALS REACHED

2,500+

trained between 2016 and 2019 through events, meetings and conferences including:

- Fall and Spring Symposia
- Summer Institute
- Partner's Luncheon
- Total Worker Health 101

WHAT THEY'RE SAYING

"This was the greatest in terms of presenting the information on TWH in a way that is not overwhelming and makes me feel like it can be accomplished in manageable bites."

"I wish I could rate the instructors even more highly that 5! Wonderful course with great info and engaging speakers."

-Total Worker Health 101 class participants

DIGITAL FOOTPRINT

60,000+

engagements annually

- Websites
- Blog
- Newsletter subscribers
- Podcasts
- Social Media

CURRENT STUDIES

Total Worker Health[®] Interventions



TECH4REST

Improving sleep and reducing fatigue for team truck drivers who face sleep related risks associated with workplace safety, obesity, chronic disease, and early mortality



THE ACTIVE WORKPLACE STUDY

Maximizing health and safety resources to reduce sedentary behavior and prolonged sitting among call center employees, who are among the most sedentary workers in the US

ORGANIZATIONS ARE ENGAGED

4

toolkits

Total Worker Health® interventions turned toolkits developed during the 2011-2016 grant cycle, helping organizations improve the safety, health and well-being of their workers.

Study participants who find our programs useful

75%

Community of Practice and Safety Support (COMPASS)

“I am now more aware of the need to focus on taking care of myself. if I’m balanced, then I feel that I’m a better caregiver”

100%

Safety & Health Improvement Program (SHIP)

“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.”

70%

Promoting U through Safety and Health (PUSH)

“We believe that using PUSH as a standard training for new hires is a wise investment in our employees”

75%

BeSuper! in Construction

“It made me more aware of being a good role model to fellow coworkers and to also always be a good safety representative.”

Learn more about our projects at tinyurl.com/ohwcprojects

RESEARCH BECOMES REALITY

YourWorkpath.com

Designed for ease of access, this user-friendly website delivers robust tools and comprehensive toolkits to help employers design a healthier and safer workplace



What’s Work Got to Do With it? Podcast

A unique podcast series that discusses how work can impact our safety, health and well-being, and addresses the significance of occupational health sciences



Successful Partnership

Since 2017, the Oregon Home Care Commission (OHCC) has offered COMPASS, a Total Worker Health toolkit, in its employee training system available to more than 60% of home care and personal workers in the State of Oregon



Health Impacts Safety Guides

Twelve evidence-informed meeting guides designed for integration of workplace safety and health. Topics include sleep, heart health, sun safety, stress, distracted driving and more



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