

# TOTAL WORKER HEALTH<sup>®</sup> CURRICULUM

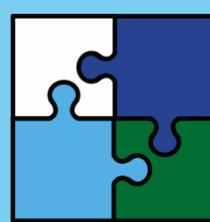


For occupational safety, health, Human Resource, wellness professionals and practitioners

*Oregon Total Worker Health Alliance is a partnership between Oregon Institute of Occupational Health Sciences (including Oregon Healthy Workforce Center), Oregon OSHA, and SAIF*

## TOTAL WORKER HEALTH 101: THE BASICS

Prerequisite course with these objectives: Define terms and concepts of the *Total Worker Health* (TWH) approach; Identify the five defining TWH elements; Discuss how organizations can effectively implement TWH strategies; Develop "next steps" applicable to participant's organization.



## TOTAL WORKER HEALTH AWARENESS: WHAT SHOULD OSH PROFESSIONALS KNOW?

This session introduces the *Total Worker Health* approach to occupational health professionals, occupational health nurses, HR, benefits, wellness professionals, and others interested. This shorter session may precede TWH 101: The Basics but as a "teaser."

## TOTAL WORKER HEALTH WORKPLACE SOLUTIONS

Can be combined with TWH 101: The Basics for a full-day course. Objectives: Identify evidence-based *Total Worker Health* Worksite solutions, case studies, and tools; Describe strategies for workplace engagement, and evaluate solutions and interventions; Develop "next steps" related to these solutions, as applicable to participant's organization.



## TOTAL WORKER HEALTH: SLEEP, FATIGUE & SHIFT WORK

Can be standalone course or in combination with TWH 101: The Basics. Objectives: Recap the 5 key TWH elements; Examine health and safety evidence showing the need for organizations to be concerned about worker short sleep and fatigue; Understand how work scheduling, culture and shift work negatively impact employees' sleep; Discuss how the TWH concept can help organizations create strategies and initiatives to lessen worker fatigue, address causes of poor and low sleep, and improve health; Develop "next steps" applicable to participant's organization.

## TRAIN-THE-TRAINER

For graduates of the *Total Worker Health* 101: The Basics class. This virtual course was successfully pilot-tested October 2021; Scheduled for launch Winter 2022.



## QUARTERLY MEET-UPS

One-hour meet-ups open to graduates of TWH 101 course. Includes: networking opportunities, new resources, from NIOSH, OHWC and other TWH Centers, and TWH Affiliates. Participants are encouraged to provide feedback on TWH curriculum, and share implementation challenges and organizational successes.