**TOTAL WORKER HEALTH® CURRICULUM**

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

**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 a 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.

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