

# Train the Trainer

Total Worker Health® 101: The Basics (2023)

## About

This eight-hour train-the-trainer course is taught by Oregon Total Worker Health (TWH) Alliance. It is presented by the instructors of the TWH 101: The Basics course. This class is taught virtually using presentation, discussion and virtual chat. Attendees will be expected to demonstrate instructional competency during the class. Materials used include the TWH 101 Instructor Manual, *Fundamentals of Total Worker Health Approaches: Essential elements for advancing worker safety, health, and well-being*. (CDC/NIOSH Dec. 2016) and case studies.

The prerequisite to this class is completion of *TWH 101: The Basics* as taught by the Oregon TWH Alliance. Attendees should also have a basic knowledge of workplace safety and health. Some may have specific expertise in workplace safety and health, industrial hygiene, diversity, equity and inclusion, worker compensation, health promotion or risk management. Previous instructional experience preferred.

## Course Objectives

- Effectively explain terms and concepts essential to TWH
- Clearly identify the five defining elements of TWH and provide examples representative of different industries
- Demonstrate how to create a safe and interactive virtual or live learning community.
- Interact with others to brainstorm and describe how organizations can effectively implement TWH
- Assist class attendees in developing organizational-specific “next steps”
- Assist class attendees in finding relevant resources



*TWH is defined by NIOSH as policies, programs, and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness prevention efforts to advance worker well-being. The Oregon TWH Alliance representatives include Oregon OSHA, SAIF Corporation and the Oregon Institute of Occupational Health Sciences/OHWC. The Alliance creates consistent and reproducible training that is research-based and supports current practice.*

*Total Worker Health® is a registered trademark of the U.S. Department of Health and Human Services (HHS). Participation by The Oregon TWH Alliance does not imply endorsement by HHS, the Centers for Disease Control and Prevention, or the National Institute for Occupational Safety and Health.*