

Oregon *Total Worker Health*[®] Alliance Curriculum

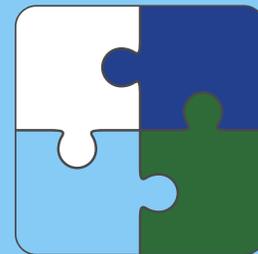


For occupational safety, health, Human Resources, wellness professionals and practitioners

Oregon Total Worker Health¹ 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

Introductory course for the *Total Worker Health* (TWH) curriculum. Objectives: define terms and concepts of the TWH approach; identify the five defining TWH elements; discuss how organizations can effectively implement TWH strategies; and develop “next steps” applicable to participant’s organization.



TOTAL WORKER HEALTH AWARENESS WORKSHOP

This session introduces the TWH approach to a variety of professionals interested in advancing worker health, safety, and well-being. This workshop is tailored to working professionals in safety, occupational health, benefits, and/or wellness.

TOTAL WORKER HEALTH: WORKPLACE SOLUTIONS

This course can be combined with TWH 101: The Basics for a full-day learning experience. Objectives: Identify evidence-based *Total Worker Health* Worksite solutions, case studies, and tools; describe strategies for workplace engagement, evaluate solutions and interventions; develop actionable solutions particular to participant’s organization.



1. *Total Worker Health*[®] is a registered trademark of the U.S. Department of Health and Human Services (HHS). Participation by 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.

Oregon *Total Worker Health*[®] Alliance Curriculum

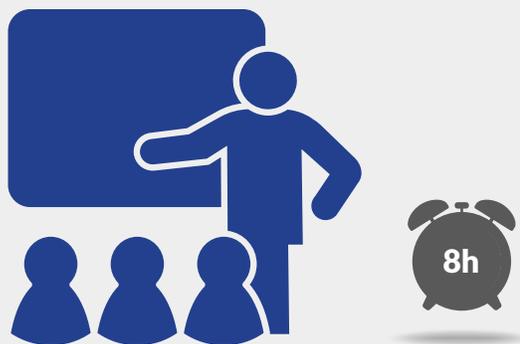


For occupational safety, health, Human Resources, wellness professionals and practitioners

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: SLEEP, FATIGUE & SHIFT WORK

This course can be a standalone course or can be combined with TWH 101: The Basics. Objectives: 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 implementation strategies applicable to participant's organization.



TOTAL WORKER HEALTH: Train-the-Trainer

This is a virtual course with four instructor-led session (two-hours each) for graduates of the *Total Worker Health 101: the Basics* class. This course will provide participants with the preparation needed to bring TWH instruction to their organization and will help increase their knowledge, skills, and confidence to facilitate TWH training.

QUARTERLY MEET-UPS

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

