


# ACTIVE WORKPLACE





## ABOUT THE ACTIVE WORKPLACE TOOLKIT


The Oregon Healthy Workforce Center's Active Workplace toolkit an evidence-based *Total Worker Health*<sup>®</sup> toolkit designed to help reduce sedentary time at work and provide training to help managers and supervisors better support workplace safety, health, and well-being for their employees.


## ACTIVE WORKPLACE TOOLKIT COMPONENTS


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Training for supervisors and managers on how to support employee, safety, health, and well-being, as well as leadership skills.
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Each month, all employees will receive a training to reinforce safe and healthy practices for sedentary workers.
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Goal setting activities for both managers and employees reinforce what is learned in the training to help promote a culture of safety and health.
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Supervisor and Manager led group discussions to build a culture of health, reinforce safety and health practices, and help employees feel supported.
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Competitions encourage employees to engage in the program and be more active in the workplace.
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Posters support the toolkit by reminding everyone to be more active and make healthy decisions throughout their work day.

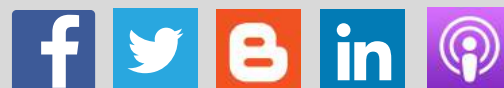
### LEARN MORE ABOUT OREGON HEALTHY WORKFORCE CENTER

[ohsu.edu/ohwc](https://ohsu.edu/ohwc)

### NIOSH CENTERS OF EXCELLENCE FOR *Total Worker Health*<sup>®</sup>

### DOWNLOAD THE ACTIVE WORKPLACE TOOLKIT:

[YourWorkpath.com/  
ActiveWorkplace](https://YourWorkpath.com/ActiveWorkplace)



**OREGON HEALTHY  
WORKFORCE CENTER**

NIOSH TOTAL WORKER HEALTH<sup>®</sup> CENTER OF EXCELLENCE



## WHY ACTIVE WORKPLACE?

The Active Workplace toolkit is a program to help reduce sitting time at work and to provide training to help managers and supervisors better support workplace safety, health, and well-being for their employees. By reducing sedentary time and prolonged sitting at work, we can help improve worker health, safety, and well-being, reduce musculoskeletal pain, and reduce lost work time due to injury or illness.

For more information, visit  
[YourWorkpath.com/ActiveWorkplace](https://YourWorkpath.com/ActiveWorkplace)

## BEHIND THE SCIENCE

The Active Workplace was a National Institute for Occupational Safety and Health (NIOSH) funded study that was successfully implemented in call centers across the United States. The purpose of the study was to increase use of standing desks, by adding active workstation equipment (use of pedal stands) and to provide education, training, and accountability for supervisor/managers and employees in the concept of *Total Worker Health*® is to impact employee safety, health, and well-being in call center employees.

Previous studies shows that using standing or active workstations reduces workplace sedentary time, reduces back pain and other musculoskeletal complaints, and increases light physical activity and overall calorie expenditure. Previous studies also found that reduced sedentary time at work is related to improved mood, job satisfaction, and general well-being.

## WHERE CAN I ACCESS THE ACTIVE WORKPLACE TOOLKIT?

Active Workplace is a self-paced and ready-to-use toolkit. All components of the toolkit are free and accessible for all organizations.

Join OHWC's YourWorkpath Program to contribute to occupational health sciences research, to provide feedback to help improve future toolkit design, and to access incentives and support for your workplace. Visit, [YourWorkpath.com/tryourtoolkits](https://YourWorkpath.com/tryourtoolkits)

Customization, branding, and licensing of training via PowerPoint and Learning Management System (LMS) options area available.

## DOWNLOAD THE TOOLKIT

[YourWorkpath.com/ActiveWorkplace](https://YourWorkpath.com/ActiveWorkplace)



## EFFECTS OF ACTIVE WORKPLACE ON SAFETY, HEALTH, AND WELL-BEING

Individual benefits of decreased sedentary time and increased movement:

- Improved mood and job satisfaction
- Increased engagement at work
- Decreased risk of chronic disease
- Decrease in pain

Organizational benefits of decreased sedentary behavior and increased movement:

- Higher overall productivity.
- Lower illness absence
- Enhanced recruitment and retention of talent
- Improved team performance and culture of health