Health Impacts Safety toolbox and safety meeting guides have been developed to support organizations integrating workplace safety, health, wellness and well-being. Each Total Worker Health™ guide can be downloaded and printed freely, and is available in both English and Spanish.

**How to Use**

Guides are intended to be used in a small to medium group setting, such as a safety or health committee meeting, toolbox meeting, or other team meeting. A team leader can volunteer or be selected to lead the discussion. More details on each topic are available on the OHSU Impacts website (http://bit.ly/2ubsLkd) if desired. For more effective utilization of the guides and the ideas generated by team members, teams may want to take notes for follow-up or for sharing with supervisors or management.

**Meeting Guide Topics**

- TWH1: What’s sleep got to do with it?
- TWH2: What’s my heart got to do with it?
- TWH3: What’s diabetes got to do with it?
- TWH4: What’s the sun got to do with it?
- TWH5: What’s sitting got to do with it?
- TWH6: What’s eating got to do with it?
- TWH7: Why work when you are sick?
- TWH8: What’s stress got to do with it?
- TWH9: What’s exercise got to do with it?
- TWH10: What’s distracted driving got to do with it?
- TWH11: What’s respect got to do with it?
- TWH12: What’s mindfulness got to do with it?
A YEAR OF IMPACT:
HEALTH IMPACTS SAFETY

Idea: Assign monthly topics to match national observances.

JANUARY: Fill in with *any of the remaining guides* (TWH#5; TWH#7; TWH#12)

FEBRUARY: American Heart Month
   *TWH#2: What's my heart got to do with it?*

MARCH: National Nutrition Month
   *TWH#6: What's eating got to do with it?*

APRIL: National Distracted Driving Month; Sleep awareness week; Stress awareness month
   *TWH#10: What's distracted driving got to do with it?* Or
   *TWH#1: What's sleep got to do with it?* Or
   *TWH#8: What's stress got to do with it?*

MAY: Skin Cancer Detection and Prevention Month; national fitness month
   *TWH#4: What's the sun got to do with it?* Or
   *TWH#9: What's exercise got to do with it?*

JUNE: National Safety Month
   *Any of the TWH guides* could be pertinent (1-12)

JULY: Fill in with *any of remaining guides* (TWH#5; TWH#7; TWH#12)

AUGUST: Fill in with *any of remaining guides* (TWH#5; TWH#7; TWH#12)

SEPTEMBER: Yoga awareness; Suicide Prevention months
   *TWH#12: What's mindfulness got to do with it?*

OCTOBER: National Bullying Prevention Month
   *TWH#11: What's respect got to do with it?*

NOVEMBER: American Diabetes Month
   *TWH#3: What's diabetes got to do with it?*

DECEMBER: National Handwashing Awareness Week; National Influenza Vaccination Week
   *TWH#7: Why work when you are sick?*