Total Worker Health 101 and Beyond

A Total Worker Health (TWH) approach is defined 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.

This one-day, multidisciplinary course, developed by the Oregon Total Worker Health Alliance, will deliver the fundamentals of Total Worker Health, methods of implementation, and evidence-based worksite solutions and case studies of successful program integration. Participants will be prepared to put TWH into action by defining terms and concepts essential to TWH, identifying the five defining elements of TWH, discussing how organizations can effectively implement TWH, describing strategies for engagement and evaluation of solutions and interventions, and developing next steps applicable to their organization.

COURSE FACULTY

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Offered in partnership with the Oregon Total Worker Health Alliance:

DATE & LOCATION
April 30, 2019
8:00am - 5:00pm
UW Waterfront Activities Center (WAC)
3710 Montlake Blvd NE, Seattle, WA 98195

REGISTRATION
Register online at osha.washington.edu or by contacting 206-543-1069
Standard: $195
Government: $145
Student: $97.50
$50 late fee applies to all registrations completed after April 20, 2019.

INFORMATION
The Northwest Center for Occupational Health & Safety
Phone: 206-543-1069
E-mail: ce@uw.edu
Web: osha.washington.edu
COURSE DESCRIPTION OBJECTIVES

This full day course is comprised of two parts: 1) Total Worker Health 101 – the pre-requisite course to additional Oregon Total Worker Health Alliance Training, and, 2) Total Worker Health Workplace Solutions - first module to be presented within the newly created Oregon TWH Alliance curriculum, both designed and presented by the Oregon TWH Alliance.

The objectives of TWH 101 are to:
• Define TWH, key concepts and core principles.
• Identify the five defining elements of TWH.
• Discuss how organizations can effectively implement TWH.
• Develop “next steps” applicable to your organization.

The objectives of TWH Workplace Solutions are to:
• Identify evidence-based Total Worker Health Workplace Solutions, case studies and tools.
• Describe strategies for assessment, engagement and evaluation of solutions and initiatives.
• Develop “next steps” applicable to participant’s organization

AGENDA

8:00 am  Registration
8:10 am  Opening Remarks (UW)
8:15 am  Introduction to the Oregon Total Worker Health Alliance, the curriculum, and participants
8:40 am  Understanding Total Worker Health
9:15 am  Defining NIOSH Total Worker Health Elements 1-5
10:15 am Break
10:30 am  Defining concepts (worker well-being; mental wellness; meaningful work; stress; healthier supervision; social determinants of health)
11:00 am Business and value propositions
11:15 am Program evaluation, sustainability and continuous improvement
11:30 am Putting it all together

Noon - Lunch - transition to part 2, TWH Workplace Solutions following lunch

1:00 pm  Recap 5 elements with examples
1:15 pm  Needs Assessments: How to integrate safety with well-being/wellness into your organization – where to start?
2:15 pm  Case Study # 1: Why, What, How, Results
3:00 pm  Break
3:15 pm  Case Study #2 and other examples: Why, What, How, Results
4:00 pm Resources – where to go and what to use to move ahead?
4:30 pm  Q&A, next steps, evaluations