



# **Total Worker Health®: Advancing Worker Well-Being in the Workplace**

**May 1–5, 2023**

**Online, Instructor Led**

This is the key required course for individuals enrolling in our *Total Worker Health*® Certificate Program. This course is offered in collaboration with the Oregon Healthy Workforce Center and Portland State University Occupational Health Psychology and *Total Worker Health* (TWH) Program. Individuals not seeking the TWH Certificate may enroll and attend this introductory course as a standalone.

Course content will include an examination of the TWH five elements and concepts, an introduction to occupational health psychology and its relevance to safety and TWH, and a discussion of resources and strategies for integrating safety and occupational health into organizations. Interactive activities include large and small breakout group discussion, problem solving based on attendees' organizational experience, homework, and recap on published articles.

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

## **INTENDED AUDIENCE**

Health and safety professionals and any other professionals intersecting with occupational health, such as human resources, labor, risk management, etc.

**Prerequisite knowledge:** Prior to completing this course, attendees are expected to have a working or basic knowledge of workplace safety and health. Some attendees may also have greater knowledge about workplace safety and health or other programs and practices, such as worker compensation, health promotion, and risk management. Those with experience as safety and health professionals and practitioners will benefit the most from this class. If new to this topic, visit NIOSH TWH to learn more information: <https://www.cdc.gov/niosh/twh/default.html>.

## **PLANNING COMMITTEE**

**Dede Montgomery**, MS, CIH, Program Manager, Our Good Health and Well-Being, Legacy Health

**Nancy Simcox**, MS, Lecturer and Director of the Continuing Education Programs, University of Washington DEOHS; Affiliate Instructor, Nursing and Health Studies, Bothell

**Leslie Hammer**, PhD, Professor, Oregon Institute of Occupational Health Sciences and Co-Director, Oregon Healthy Workforce Center, Oregon Institute of Occupational Health Sciences, Oregon Health & Science University

**Kate Durand**, MHS, CIH, CSP, Continuing Education Specialist, Northwest Center for Occupational Health and Safety, University of Washington DEOHS

## MEET THE INSTRUCTORS



### **Katia Costa-Black, MS, PhD (she/her)**

*Senior Manager for Education, Training and Partnerships,*

*Oregon Institute of Occupational Health Sciences, Oregon Health & Science University*

Katia Costa-Black completed a postdoctoral research fellowship in the area of knowledge synthesis and program evaluation for prevention of work incapacity. With more than 20 years of experience in occupational ergonomics, safety and health in various sectors, she has supported many organizations in the implementation of several types of prevention programs—whether focused on prevention through design, OSHA compliance or managing illnesses/injuries and presenteeism in the workplace. Over the last six years, she has been an active advocate for the application of the Total Worker Health® approach vis-à-vis her educational activities and consulting practice.



### **Tori Crain, PhD (she/her)**

*Assistant Professor of Psychology, Portland State University*

Tori Crain is an assistant professor in the Department of Psychology at Portland State University, where she is also the associate director of the Occupational Health Psychology Graduate Training Program. She received her BA in Psychology and her PhD in Industrial-Organizational Psychology and has over ten years experience conducting research on workplace health and safety topics. More specifically, her primary areas of interest are in occupational stress, the work-family interface, and sleep and fatigue within organizations.



### **Liu-Qin Yang, PhD (she/her/hers)**

*Professor of Psychology, Portland State University*

Liu-Qin (LQ) Yang is a professor of Applied Psychology at Portland State University (PSU). She holds a PhD in industrial-organizational psychology, with specializations in occupational health psychology and quantitative methodologies. Liu-Qin specializes in issues of work stress and work engagement, particularly workplace mistreatment and emotion management and their implications for the health/safety/well-being/engagement of workers from various industries. She is the director of the NIOSH/CDC-funded training program at PSU, which is focused on training future experts in the areas of Occupational Health Psychology and *Total Worker Health*® (TWH). She is also the president-elect of the Society for Occupational Health Psychology.

## REGISTRATION & INFORMATION

**\$695**

To register, go to [www.oshce.uw.edu](http://www.oshce.uw.edu)

Course completion earns 26 contact hours/2.6 CEU credit from Northwest Center for Occupational Health and Safety at the University of Washington.

## CONTACT US

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To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or [dso@u.washington.edu](mailto:dso@u.washington.edu) (e-mail)