

# Oregon *Total Worker Health*<sup>®</sup> Alliance Curriculum



For occupational safety, health, human resources, wellness professionals and practitioners

*Oregon Total Worker Health<sup>1</sup> Alliance is a partnership between Oregon Institute of Occupational Health Sciences, Oregon OSHA, and SAIF Corporation*

## TOTAL WORKER HEALTH 101: THE BASICS

This is the introductory course for the *Total Worker Health* (TWH) curriculum. Objectives: define terms and goals of the TWH approach; identify five defining TWH elements; discuss how organizations can effectively implement TWH strategies; and develop “next steps” applicable to participants’ organizations. This course is offered virtually or in person.



## TOTAL WORKER HEALTH AWARENESS WORKSHOP

This in-person, interactive workshop introduces participants interested in advancing worker health, safety, and well-being to the TWH foundation.

## TOTAL WORKER HEALTH: WORKPLACE SOLUTIONS

This course can be combined with “*Total Worker Health 101: The Basics*” for a full-day learning experience. Objectives: recognize evidence-informed workplace solutions and promising practices; develop actionable solutions particular to participants’ organization; and describe their impact and value. This course is offered virtually or in person.



1. *Total Worker Health*<sup>®</sup> 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.

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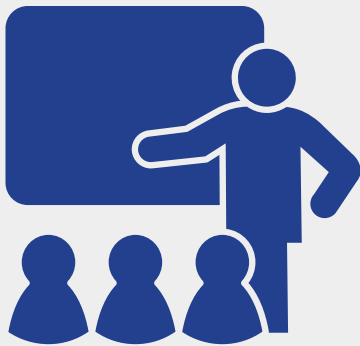


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## TOTAL WORKER HEALTH FOR SAFETY COMMITTEES

This in-person training covers the basic principles of TWH, and how this comprehensive approach can be utilized by safety committees to broaden their understanding of all types of hazards, including psychosocial and organizational hazards.



## TOTAL WORKER HEALTH: TRAIN -THE-TRAINER

This is a virtual course with four instructor-led sessions (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.

## TWICE YEARLY MEET-UPS

One-hour networking events open to graduates of any Oregon TWH Alliance courses. Objectives: community building; and sharing TWH resources, events and network opportunities. Participants are encouraged to provide feedback on TWH curriculum and share any implementation challenges and/or organizational successes they have observed.

