



Oregon Healthy Workforce Center

Toolkits and Tools

August 2020

The mission of the Oregon Healthy Workforce Center (OHWC) is to improve the safety, health and well-being of workers through Total Worker Health® research, dissemination, outreach and education. OHWC is one of six National Institute for Occupational Safety and Health (NIOSH) Total Worker Health Centers of Excellence representing OSHA Region 10 (Oregon, Washington, Alaska, and Idaho).



Learn about OHWC toolkits

Our Total Worker Health® toolkits are mostly free and low cost programs to improve workplace safety, health and well-being through organizational change.

SHIP | Safety & Health Improvement Program is designed for organizations in any industry to help organizations improve employee safety, health, and well-being through supervisor support training and team effectiveness discussions

COMPASS | Community of Practice and Safety Support is designed to bring together home care workers in a community through peer-led social support group to help improve social well-being, reduce the risk of injuries, and promote health in home care workers.

BeSuper | BeSuper! in construction improves the safety, health and well-being by educating supervisors on effective supervision, safety practices, and engaging employees in team-based activities on healthy lifestyle topics.

PUSH | Designed to help organizations train and educate young workers in injury prevention, health promotion, advocating for their rights, and building communication skills through online training and team-based activities.

Active Workplace Study | A program designed to help call centers and their employees reduce sitting time at work and improve health and well-being at work through organizational strategies and supervisor support.

Access our tools and toolkits

[YourWorkpath.com](https://www.yourworkpath.com)

To learn more about our center

ohsu.edu/ohwc

We're improving the health, safety, and well-being of workplaces through research, collaboration with partner organizations and dissemination of evidence-based programs.

OHWC faculty and staff come from various backgrounds and expertise in occupational health psychology, industrial organizational psychology, industrial hygiene, physiology, public health, communications and engineering.

OHWC was funded in September 2011 as a NIOSH Total Worker Health® Center of Excellence (Grant: NIOSH U19OH0101).

ORGANIZATIONS ARE ENGAGED

4

toolkits

Total Worker Health® interventions turned toolkits developed during the 2011-2016 grant cycle, helping organizations improve the safety, health and well-being of their workers.

Study participants who find our programs useful

75%

Community of Practice and Safety Support (COMPASS)

“I am now more aware of the need to focus on taking care of myself. if I’m balanced, then I feel that I’m a better caregiver”

100%

Safety & Health Improvement Program (SHIP)

“Employees were cautious at first but now they’re the ones asking supervisors if they can revisit the team effectiveness goals. They’re really enthusiastic.”

70%

Promoting U through Safety and Health (PUSH)

“We believe that using PUSH as a standard training for new hires is a wise investment in our employees”

75%

BeSuper! in Construction

“It made me more aware of being a good role model to fellow coworkers and to also always be a good safety representative.”

Learn more about our toolkits at www.YourWorkpath.com/toolkits

TOOLS

Get Healthier Lifestyle Cards

30 minute team activities designed to help employees learn, build and brainstorm solutions for healthier lifestyles on and off the job. These cards can help support workplaces interested in improving the health and well-being of employees.



What’s Work Got to Do With it? Podcast

Our podcast series that discusses how work can impact our safety, health and well-being, as well as address the public health significance of occupational health and making science more accessible



Start the Conversation Activities

10 to 20 min supervisor-led activities to engage and educate young workers on work and non-work factors that impact safety, health and communication.



Health Impacts Safety Guides

Twelve evidence-informed meeting guides designed for integration of workplace safety and health. Topics include sleep, heart health, sun safety, stress, distracted driving and more.



Resource Directory

Articles, guides and tools curated to add additional information related to our research priorities, especially Total Worker Health to support a healthier safer and more productive workforce.



OR-FACE Toolbox Talks

Developed by the Oregon Fatality Assessment and Control Evaluation, toolbox talks are guided group discussions with action plans for safer work practices to prevent injuries and fatalities in the workplace.



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