



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



*Total Worker Health®* (TWH) is a comprehensive approach that ensures that policies, programs, and practices are well-integrated in an organization to protect workers from different work-related safety and health hazards and promote worker well-being. This class focuses on bringing the skills necessary to communicate and fully understand the fundamentals of TWH, which are rooted in safety science, health promotion, occupational health psychology, and human and organizational performance management. This class is one of the key required courses for individuals enrolling in the TWH Certificate Program, a joint program designed by the Oregon Healthy Worker Center and Occupational Safety and Health Continuing Education Programs.

## **INTENDED AUDIENCE**

Occupational health and safety professionals and any other professionals intersecting with workers' health, safety and well-being, such as human resources, risk management, wellness, and disability management specialists. No prior knowledge of TWH is required, but enrolled students should be familiar with the field of occupational health and safety.

## **CLASS FORMAT**

This 26-hour class involves completing 8 hours of virtual instructor-led class time and 18 hours of self-paced e-learning over a period of 6 weeks.

## **REGISTRATION & INFORMATION**

This class is offered twice a year: in the Spring and the Fall.

**\$695**

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

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



*This class is offered by the University of Washington in close collaboration with: the Oregon Healthy Workforce Center (OHSU), and the Occupational Health Psychology TWH Program of the Portland State University.*

## PLANNING COMMITTEE

**Katia M. Costa-Black**, PhD, Oregon Institute of Occupational Health Sciences, Oregon Healthy Workforce Center, Oregon Health & Science University

**Leslie Hammer**, PhD, Oregon Institute of Occupational Health Sciences, Oregon Healthy Workforce Center, Oregon Health & Science University

**Dede Montgomery**, MS, CIH, Legacy Health

**Grace Lasker**, PhD, University of Washington DEOHS & UW Bothell

**Nancy Simcox**, MS, University of Washington DEOHS

## LEARNING COMPETENCIES

Upon completion of this class, students are expected to gain the following competencies:

1

Define and interpret the TWH approach and how it contributes to advancing worker well-being.

2

Recognize and apply the essential elements of a TWH approach to different work settings.

3

Demonstrate proficiency in the identification of working conditions that affect health, safety, and well-being and how these conditions can be interrelated.

4

Identify existing evidence-informed tools and practices that can guide the planning, evaluation and implementation of the TWH approach in different work settings

5

Develop a strategic plan for implementing the TWH approach in a familiar work setting.

6

Articulate to key stakeholders the value of the TWH approach and how it supports organization's sustainability and building healthier communities.

## CONTACT US

**Phone:** 1-800-326-7568

**E-mail:** [ce@uw.edu](mailto:ce@uw.edu)

**Web:** [oshce.uw.edu](http://oshce.uw.edu)

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)



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