

# Total Worker Health for Occupational Safety and Health Professionals

*An online e-Learning continuing professional education course*

## READING LIST

### **Required readings**

#### Module 1: Introduction to the Course

Phillips, K. (2020) <i>An Introduction to Total Worker Health</i> , American Industrial Hygiene Association.	<b>5 minutes</b>
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#### Module 2: Introduction to Total Worker Health

Cavallari, J. & Nobrega, S. (2020) <i>Total Worker Health – An Integrated Approach to a Healthier Workplace</i> . CPH-News & Views Issue 64.	<b>3 minutes</b>
Henry, K. (2019) <i>Total Worker Health: How Does IH Fit?</i> , American Industrial Hygiene Association.	<b>2 minutes</b>
Hill, L., Montgomery, D. Bowers-Payne, R. (2019) <i>Journey to Be Well: Implementing Total Worker Health in Eugene Oregon.</i> , The Synergist.	<b>10 minutes</b>
Schill AL. (2017) <i>Advancing Well-Being Through Total Worker Health®</i> . Workplace Health & Safety.	<b>15 minutes</b>

#### Module 3: Fundamentals of a Total Worker Health approach

<b>NIOSH Resources</b>	
NIOSH (2018) <i>Fundamentals of Total Worker Health Approaches: Essential Elements for Advancing Worker Safety, Health, and Well-Being</i> , Centers for Disease Control and Prevention.	<b>15 minutes</b>
NIOSH (2018) <i>Making the Business Case: How Total Worker Health Approaches Can Benefit Both Your Workers and Your Organization</i> , Centers for Disease Control and Prevention.	<b>5 minutes</b>

<p><b>Case Studies (Choose 1)</b></p> <p>Themann CL, Morate T, Afanuh S. (2019) <u><i>Using Total Worker Health® Concepts to Address Hearing Health</i></u></p> <p>Afanuh S. (2018) <u><i>Using Total Worker Health® Concepts to Reduce Fatigue Among Retail Workers</i></u></p> <p>Afanuh S. and Johnson AI. (2017) <u><i>Using Total Worker Health® Concepts to Reduce the Health Risks from Sedentary Work</i></u></p> <p>Afanuh S., Lee M., Hudson H. (2015) <u><i>Using Total Worker Health® Concepts to Enhance Workplace Tobacco Prevention and Control</i></u></p> <p>U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS.</p>	<p><b>15 minutes</b></p> <p><b>15 minutes</b></p> <p><b>10 minutes</b></p> <p><b>10 minutes</b></p>
<p><b>TWH implementation guides for the workplace (Choose 1)</b></p> <p><u><i>Healthy Workplace Participatory Program Facilitator Manual, Section I. Getting Ready for Program Start-up</i></u> (2019) Center for Promotion of Health in the New England Workplace, University of MA Lowell.</p> <p><u><i>Implementing an Integrated Approach: Weaving Worker Health, Safety, and Well-being into the Fabric of Your Organization</i></u> (2017) <b>Executive Summary (p. 1-13)</b>. Center for Work, Health, and Well-being, Harvard T.H. Chan School of Public Health, Boston MA</p>	<p><b>20 minutes</b></p> <p><b>20 minutes</b></p>

## ***Supplementary Peer-Reviewed Articles (optional)***

### Module 2: Introduction to Total Worker Health

<p>Chari, R., Chang, C.-C., Sauter, S. L., Petrun Sayers, E. L., Cerully, J. L., Schulte, P., &amp; Schill, A. L. (2018). <u><i>Expanding the Paradigm of Occupational Safety and Health: A New Framework for Worker Well-Being.</i></u> Journal of Occupational and Environmental Medicine.</p>	<p><b>22 minutes</b></p>
<p>Schulte, Paul A., et al. (2019) <u><i>"Toward an expanded focus for occupational safety and health: a commentary."</i></u> International Journal of Environmental Research and Public Health.</p>	<p><b>40 minutes</b></p>
<p>Tamers, Sara L., et al. (2019) <u><i>"Total Worker Health® 2014–2018: the novel approach to worker safety, health, and well-being evolves."</i></u> International Journal of Environmental Research and Public Health.</p>	<p><b>45 minutes</b></p>

Peckham, T.K., Baker, M., Camp, M.G., Kaufman, J.D., Seixas, N.S. (2017) <u>Creating a Future for Occupational Health</u> . Annals of Annals of Work Exposures and Health, Vol. 61, No. 1.	<b>30 minutes</b>
Schulte, P.A., Pandalai, S., Wulsin, V., Chun, H. (2012) <u>Interaction of Occupational and Personal Risk Factors in Workforce Health and Safety</u> . American Journal of Public Health.	<b>53 minutes</b>
Miranda, Helena et al. (2015) <u>Health Behaviors and Overweight in Nursing Home Employees: Contribution of Workplaces Stressors and Implications for Worksite Health Promotion</u> The Scientific World Journal.	<b>30 minutes</b>
Nobrega, Suzanne et al. (2016) <u>Obesity/Overweight and the Role of Working Conditions: A Qualitative, Participatory Investigation</u> Health Promotion Practice.	<b>35 minutes</b>
Chari, R., Chang, C.-C., Sauter, S. L., Petrun Sayers, E. L., Cerully, J. L., Schulte, P., & Schill, A. L. (2018). <u>Expanding the Paradigm of Occupational Safety and Health: A New Framework for Worker Well-Being</u> ., Journal of Occupational and Environmental Medicine.	<b>22 minutes</b>
Shaw et al. (2020) <u>Work Environment Factors and Prevention of Opioid-Related Deaths</u> . American Journal of Public Health.	<b>25 minutes</b>

### Module 3: Fundamentals of a Total Worker Health Approach

Schwatka NV, et al. (2020). <u>Total Worker Health Leadership and Business Strategies Are Related to Safety and Health Climates in Small Business</u> . Int J Environ Res Public Health.	<b>50 minutes</b>
Punnett et al. (2020) <u>Defining "Integration" for Total Worker Health®: A New Proposal</u> . Annals of Work Exposures and Health Volume 64, Issue 3.	<b>30 minutes</b>
Dennerlein, Jack T., et al. (2020) <u>An Integrative Total Worker Health Framework for Keeping Workers Safe and Healthy During the COVID-19 Pandemic</u> , Human Factors.	<b>20 minutes</b>