



Resources for Intervention Planning

Resources are offered below to assist with intervention planning and evaluation on a range of topics related to Total Worker Health. Many of these topics are assessed using the CPH-NEW Healthy Workplace All Employee Survey (www.uml.edu/cphnewtoolkit).

ORGANIZATION SUPPORTS FOR WORKPLACE SAFETY HEALTH, AND WELL-BEING

[The CPH-NEW Healthy Workplace Participatory Program online toolkit](#)

This site provides step-by-step instructions, training tutorials, and implementation tools for implementing a Total Worker Health[®] participatory approach to workplace health, safety, and wellness.

[CDC/NIOSH Total Worker Health](#)

This resource provides an integration of occupational safety and health protection with health promotion to prevent injury and illness and to advance health and wellbeing.

[CDC Worksite Health Promotion](#)

This website provides searchable, research-based tools and resources to help employers develop or expand a workplace health promotion program that supports their employees' physical, mental, emotional, and financial well-being.

[Your Work path](#)

This website provides access to the Oregon Healthy Workforce Center's employer based toolkits that promote health, safety, and well-being in the workplace. These include programs designed for supervisors, homecare workers, young workers and others. Tools for individual employees are also accessed through this website.

RESOURCES FOR ORGANIZATION LEVEL INTERVENTIONS

ERGONOMICS AND MUSCULOSKELETAL DISORDERS

[NIOSH \(National Institute for Occupational Safety and Health\) Workplace Safety & Health Topics - Ergonomics and Musculoskeletal Disorders](#)

This site provides information on ergonomics and musculoskeletal disorders in the workplace. It includes a list of ergonomics programs and interventions, evaluation of risk factors for lifting tasks, back injuries, keyboard and display terminal analysis, and the effects of vibration.

[OSHA Ergonomics Resources](#)

This site provides info on ergonomic hazards and prevention for multiple occupational groups.

Ergonomics overview <https://www.osha.gov/SLTC/ergonomics/>

Ergonomics eTool <https://www.osha.gov/dts/osta/oshasoft/index.html>

[IWH \(Institute for Work and Health\) - MSD Tool Kit](#)

This site provides toolkits for reducing musculoskeletal disorders in the workplace.

OCCUPATIONAL SAFETY AND HEALTH

OSHA (Occupational Safety and Health Administration): This site provides the best sources of information for job safety and health. It includes prevention and training programs for injury and illness, injury and illness statistics by industry that can be used for benchmarking, and a program evaluation profile tool to help evaluate your organization's health and safety program.

Employer Safety/Health practices <https://www.osha.gov/shpguidelines/index.html>

Hazard ID training tool <https://www.osha.gov/hazfinder/>

eTools <https://www.osha.gov/dts/osta/oshasoft/index.html>

Safety and Health topics https://www.osha.gov/SLTC/text_index.html

OSH statistics <http://www.osha.gov/oshstats/work.html>

Emergency preparedness <https://www.osha.gov/SLTC/emergencypreparedness/index.html>

NIOSH (National Institute for Occupational Safety and Health): This site provides information from the CDC for job safety and health. It includes safety and prevention programs, total worker health, a list of workplace safety and health topics, and training and a workplace development section.

<http://www.cdc.gov/niosh/>

<http://www.cdc.gov/niosh/twh/>

<http://www.cdc.gov/niosh/topics/safety.html>

EPA (Environmental Protection Agency): This site provides information on environmental health and safety with specific sections dedicated to job-related concerns such as indoor air quality and pesticides.

<http://www.epa.gov/>

<http://www.epa.gov/gateway/learn/health.html>

The **Canadian Centre for Occupational Health and Safety**: This site provides free resources for organizations dealing with health and safety issues. It includes a free resource list with education and training information, topics for healthy workplaces, occupational health and safety programs and management systems, and products and services for organizations.

<http://www.ccohs.ca/> <http://www.ccohs.ca/resources/>

http://www.ccohs.ca/keytopics/healthy_wplaces.html

<http://www.ccohs.ca/keytopics/oshprograms.html>

The **Center for the Promotion of Health in the New England Workplace** (CPH-NEW): This is the website for the NIOSH-funded UMass-UConn Total Worker Health center (the academic partner on the CDC-Viridian National Healthy Worksite Program).

<http://www.uml.edu/Research/centers/CPH-NEW/default.aspx>

<https://www.uml.edu/Research/CPH-NEW/Research/Publications.aspx>

SAFETY CLIMATE

Nonprofit Risk Management Center Resources

The first site provides information on workplace safety climates and cultures. It includes a checklist of what leadership and supervisors can do to strengthen safety culture and climate. The second link includes links to a variety of tools for improving workplace safety. <http://nonprofitrisk.org/tools/workplace-safety/public-sector/wsp-ps.htm>

IWH (Institute for Work and Health) - In Focus: Safety Climate

This site provides links to several issue briefs and best practice summaries on specific safety and health related topics and safety climate interventions.

Oregon Health and Science University - Innovations in Safety Climate

This site provides materials on innovations in safety climate. It includes FREE webinars on transforming safety climate, intervention paths for climate and employee safety in health care. The second link contains an overview of all available resources the center has to offer <https://www.ohsu.edu/oregon-healthy-workforce-center/total-worker-health-practicer>

WORK-LIFE BALANCE

Work, Family and Health Network

This site is written for employers, researchers and working people. It provides information for employers, evidence on effective worksite interventions for workers and families, as well as family resources. The program is funded by NIH and the CDC.

Families and Work Institute

This site provides research findings on employer Work-Life practices and benefits, the changing workforce, family and community. It includes reports available for download, research and publications, and a newsroom section featuring a blog and press releases.

WORKPLACE STRESS

NIOSH Stress...At Work

This publication highlights knowledge about the causes of stress at work and outlines steps that can be taken to prevent job stress.

Campaign for Healthy Work

The Healthy Work Campaign (HWC) is a public health campaign focused on raising awareness in the U.S. about the health impacts of work stress on working people. The website provides education, assessment and intervention resources for individuals, employers, and union/worker advocates.

Reducing Stress in the Workplace: An Evidence Review

The 2012 report provides a plain language review of the scientific evidence for strategies to reduce the health impacts of workplace stress. Specific examples of best practice strategies for workplace stress reduction are provided along with a frame work for designing systems level workplace interventions.

Stress in America: Our Health at Risk

The report summarizes the results of the American Psychological Association's 2011 national Stress in America™ survey. The Stress in America™ survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives.

[University of Massachusetts Lowell's Stress@Work Website](#)

This website provides an overview of causes, impacts, and intervention strategies for work-related stress. It's written for human resources and workplace health practitioners, and employees.

[Exposure to Stress: Occupational Hazards in Hospitals](#)

The brochure can be used to identify the sources of occupational stress, and recommend work practices to reduce occupational stress.

RESOURCES FOR EMPLOYEE LEVEL INTERVENTIONS

This resource list was adapted from a "Resources for Action" list produced for use with the CDC National Healthy Worksite Program, and later published as the CDC Workplace Health Resources List, available at: <https://www.cdc.gov/workplacehealthpromotion/index.html>.

DIABETES

[Diabetes At Work](#)

A free, easy-to-use website that enables companies to assess their need for diabetes education at the work site. Users can download more than 30 lesson plans and fact sheets resources that can be used to inform employees about how to best manage their diabetes while at work and how to reduce their risk of further complications. This site was developed by the National Diabetes Education Program's (a joint CDC/NIH program) Business Health Strategy Workgroup for top-level managers, occupational health providers, benefits and human resource managers, and employees.

[The National Diabetes Education Program \(NDEP\)](#)

NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations. NDEP translates the latest science and spreads the word that diabetes is serious, common, and *costly, yet controllable and, for type 2, preventable. The resources do not have a copyright so may be co-branded.*

EMERGENCY RESPONSE TO HEART ATTACK AND STROKE

[ACOEM Automated External Defibrillation \(AED\) in the Occupational Setting](#)

The American College of Occupational and Environmental Medicine has a position statement entitled "Automated External Defibrillation in the Occupational Setting" that summarizes pertinent legislation and provides guidelines for AED use in the workplace.

[OSHA Best Practices Guide: Fundamentals of a Workplace First-Aid Program](#)

The Occupational Safety and Health Administration's "Best Practices Guide: Fundamentals of a Workplace First-Aid Program" has information and resources for AEDs, CPR and workplace first aid.

[American Red Cross Workplace CPR, First Aid and AED Information](#)

The American Red Cross has many resources related to AEDs and CPR training.

HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

[CDC's High Blood Pressure Webpage](#)

[CDC's High Cholesterol Webpage](#)

These two sites provide a variety of information on high blood pressure and cholesterol including trends and statistics, economic consequences, state-based programs, related CDC websites, and recommended strategies and other resources for patients and professionals.

[A Purchaser's Guide to Clinical Preventive Services](#)

Developed in collaboration with the National Business Group on Health and the CDC, the *Purchaser's Guide* translates clinical guidelines and medical evidence, providing large employers with the information they need to select, define, and implement preventive health benefits such as hypertension and lipid screening, counseling, and treatment.

[National Heart, Blood, Lung Institute](#)

This includes publications, fact sheets, websites and interactive web applications such as Your Guide to Lowering High Blood Pressure and Your Guide to Lowering Cholesterol with Therapeutic Lifestyle Changes.

[American Heart Association – High Cholesterol](#)

This site will provide information about cholesterol including why cholesterol matters; understanding your risk for cholesterol; symptoms, diagnosis, and monitoring of cholesterol; prevention and treatment of cholesterol; and cholesterol tools and resources.

[American Heart Association – High Blood Pressure](#)

This site will provide information about high blood pressure (HBP); why HBP matters; your risk for HBP; symptoms, diagnosis and monitoring of HBP; and prevention and treatment of HBP.

MENTAL HEALTH

[Workplaces That Thrive: A Resource for Creating Mental Health-Friendly Work Environments](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed this resource to help human resources professionals understand the benefits and design of a mental health-friendly workplace.

[Depression calculator](#)

This resource allows businesses to calculate the impact of depression in the workplace and the benefits of treatment.

[Treatment Works: Get Help for Depression and Anxiety](#)

This CDC web page offers guidance on the signs of depression and where to find help.

[Campaign for Healthy Work](#)

The Healthy Work Campaign (HWC) is a public health campaign focused on raising awareness in the U.S. about the health impacts of work stress on working people. The website provides education, assessment and intervention resources for individuals, employers, and union/worker advocates.

NUTRITION

[CDC's Nutrition Webpage](#)

This site provides a variety of information on nutrition including data and statistics, programs and campaigns, recommended strategies and other resources for the health professional.

[CDC Healthier Worksite Initiative – Nutritious Eating Toolkits](#)

This site, designed specifically for worksites to encourage nutritious eating, contains checklists, guides, budgets, and other tools to aid in program planning, design, and management.

[CDC Healthier Worksite Initiative – Establish a Garden Market](#)

This toolkit provides information on how to establish a garden market in a federal agency or other organization, and is based on a demonstration project at the Centers for Disease Control and Prevention (CDC).

[Choosing Foods and Beverages for Healthy Meetings, Conferences and Events](#)

This resource provides guidelines for selecting healthful foods and beverages for breaks or meals at workplace meetings, conferences, and events.

[Improving the Food Environment through Nutrition Standards: A Guide for Government Procurement](#)

This resource provides practical guidance to states and localities for use when developing, adopting, implementing, and evaluating a food procurement policy.

PHYSICAL ACTIVITY

[Physical Activity Guidelines for Americans](#)

This site provides information on the 2008 Physical Activity Guidelines for Americans. The guidelines address physical activity for Americans of all ages including special populations.

[National Physical Activity Plan](#)

This site provides information on the U.S. National Physical Activity Plan, a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. There is a section of the plan focused on business and industry.

[Physical Activity Workplace Toolkits](#)

This webpage provides links to toolkits that address reducing barriers and increasing access to places for physical activity in the work place. This includes Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in Workplaces.

[Worksite Policies](#)

This webpage contains specific policies that impact health promotion at federal workplaces. Workplaces that are not federal agencies can use this information to generate ideas about how policies impact health promotion in their organization.

[CDC's Physical Activity Webpage](#)

This site provides a variety of information on physical activity including physical activity guidelines and recommendations, data and statistics, recommended strategies and other resources.

[Physical Activity Tools for Health Professionals](#)

This webpage provides resources and tools for professionals to use including planning, promoting, and evaluating physical activity programs. The promotion section includes

links to brochures that CDC has developed for the general public and links to other organizations that provide resources for physical activity promotion.

[Active Environments](#)

This webpage provides links on public health, community design and related sites that complement active environment efforts.

[Exercise is Medicine](#)

This webpage addresses physical activity counseling for health care providers.

SIGNS AND SYMPTOMS OF HEART ATTACK AND STROKE

[National Heart, Lung, and Blood Institute Heart Attack Signs](#)

The National Heart, Lung, and Blood Institute has free downloadable posters, brochures, and other support materials available for the *Act In Time To Heart Attack Signs* campaign.

[Massachusetts Department of Public Health “Stroke Heroes Act FAST”](#)

The Massachusetts Department of Public Health Heart Disease and Stroke Prevention has free downloadable videos, posters, brochures and other materials available from their *Stroke Heroes Act FAST* campaign in English, Spanish, Portuguese and Khmer. The *Stroke Heroes Act FAST* message was created using the evidence-based Cincinnati Pre-Hospital Stroke Scale.

[Stroke Information Toolkits and Posters](#)

The National Institute of Neurological Disorders and Stroke has a *Know Stroke Community Education Kit* and support materials available in English and Spanish.

TOBACCO CONTROL

[CDC’s Tobacco Webpage](#)

This website provides a variety of information on tobacco including data and statistics, effective policies, programs and campaigns, recommended strategies and other resources for consumers and the health professional. This resource includes a link to a PDF that discusses the importance of health insurance [coverage for tobacco cessation treatments](#). [Another link](#) within the tobacco page specifically focuses on smoking cessation and includes a PDF version of the Public Health Services (PHS) Guideline for Effective Cessation Treatments.

[A Purchaser's Guide to Clinical Preventive Services](#)

Tobacco Use Treatment Chapter – This section of *A Purchaser’s Guide to Clinical Preventive Services* describes the importance of developing, implementing and evaluating a comprehensive tobacco dependence treatment benefit. Tobacco use treatment has been ranked as one of the top 3 preventive services in terms of impact, cost effectiveness and effectiveness. SPD language and coding for benefit implementation is included.

[Tobacco Cessation Benefit Coverage and Consumer Engagement Strategies: A California Perspective](#)

This report summarizes current employer coverage of smoking cessation benefits. To what degree do large California employers currently offer such benefits? Of those that offer them, what treatments do they cover? In addition, the report summarizes knowledge about the use of such services among employees and the barriers which may prevent them from tapping this important resource. Finally, it highlights best practices for

employer coverage of tobacco cessation support programs and services, including promising employer incentive programs to promote their use.

[Investing in Health: Proven Health Promotion Practices in the Workplace](#)

Included in this guide are steps any employer can take to improve employee health by: reducing tobacco use and exposure; promoting breast, cervical, and colon cancer screening and early detection; and encouraging physical activity and healthy eating.

WEIGHT MANAGEMENT

[CDC's Overweight and Obesity Webpage](#)

This site provides a variety of information on overweight and obesity including obesity trends, economic consequences, state-based programs, recommended strategies and other resources for the health professional.

[CDC's Healthy Weight Webpage](#)

This site provides a variety of information on achieving and maintaining a healthy weight including important information on weight assessments, balancing calories, health effects of overweight and obesity and other resources.