TOTAL WORKER HEALTH™

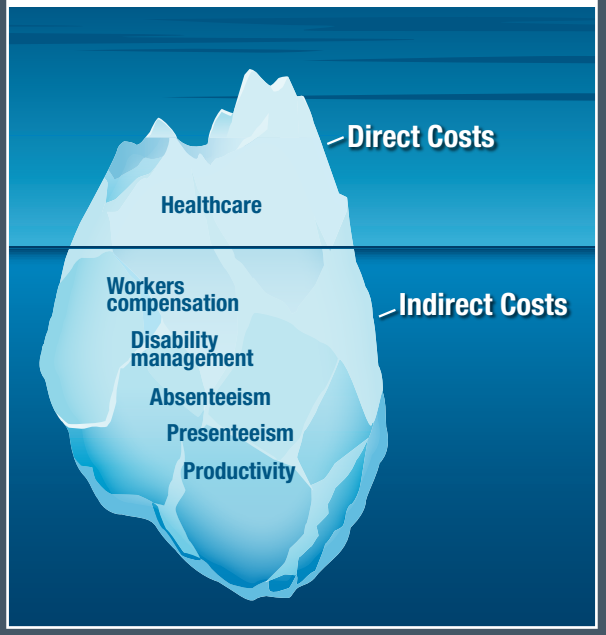
is a strategy integrating occupational safety and health protection with health promotion to prevent worker injury and illness and to advance health and well-being.

Occupational safety and health programs and workplace health promotion efforts traditionally have operated in silos—that's finally changing. An emerging body of evidence recognizes that separate approaches are not as effective as integrated approaches that consider worker safety, health, and well-being at work and beyond the workplace. Today, more employers are making the connection that a safe, healthy, and engaged workforce affects their bottom line.

How Do I Get Started?

Visit the NIOSH TOTAL WORKER HEALTH website at www.cdc.gov/niosh/TWH/LetsGetStarted.html. Here you will find practical tools and evidence-based guidelines for creating a culture of TOTAL WORKER HEALTH.

Hidden Costs of Poor Health[4]



For a full list of references, please visit www.cdc.gov/niosh/twh/letsgetstarted.html

Disclaimer: Mention of any company or product does not constitute endorsement by the National Institute for Occupational Safety and Health (NIOSH).

To receive documents or more information about occupational safety and health topics, contact NIOSH:

Telephone: 1–800–CDC–INFO (1–800–232–4636)
TTY: 1–888–232–6348
CDC INFO: www.cdc.gov/info

or visit the NIOSH website at www.cdc.gov/niosh.

For updates on TOTAL WORKER HEALTH, subscribe to our enewsletter *TWH in Action!* by visiting www.cdc.gov/niosh/twh/newsletter.

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SAFER • HEALTHIER • PEOPLE™

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

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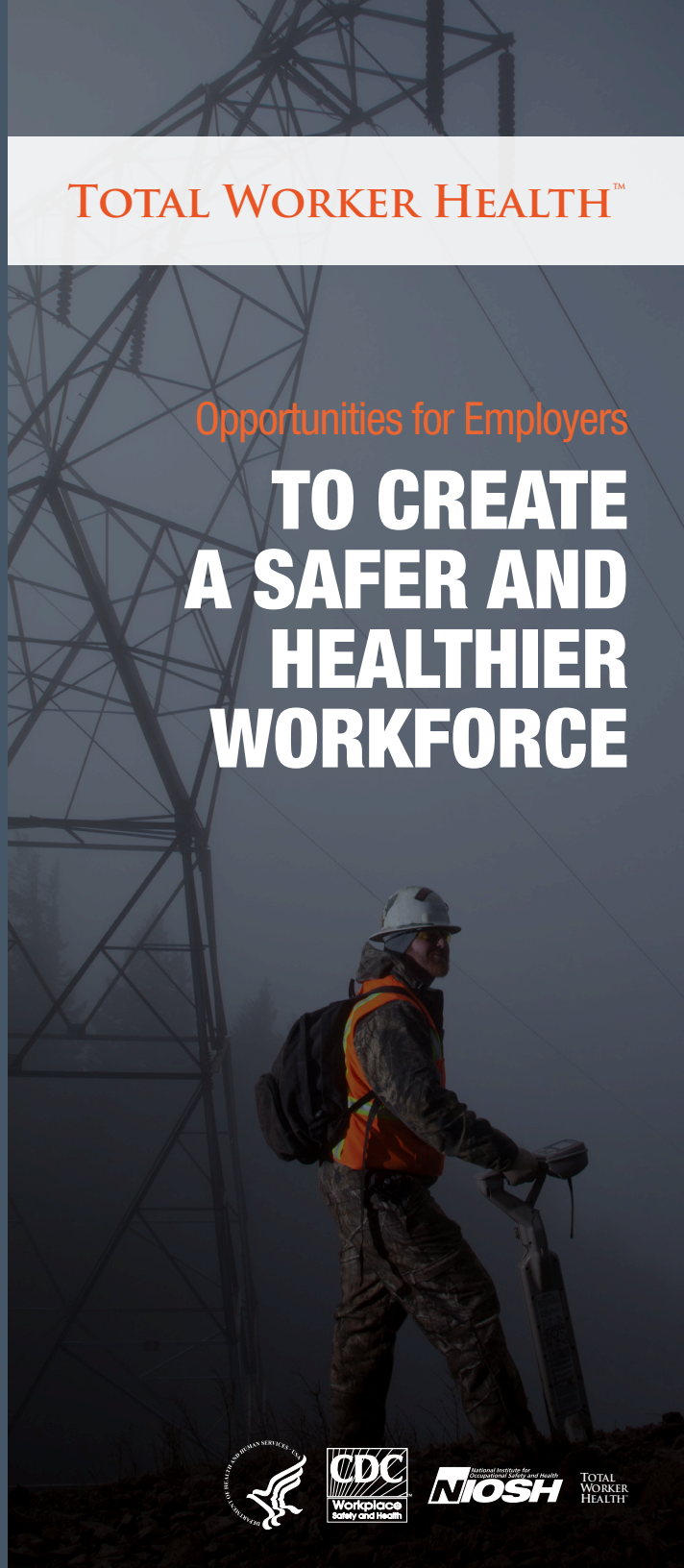
TOTAL WORKER HEALTH™

Opportunities for Employers

TO CREATE A SAFER AND HEALTHIER WORKFORCE

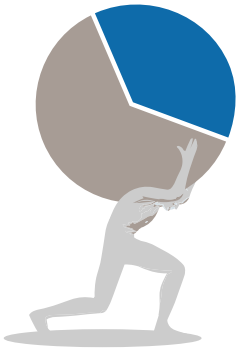


CDC Workplace Safety and Health | NIOSH National Institute for Occupational Safety and Health | TOTAL WORKER HEALTH

By 2020, **one in four** American workers will be 55 years of age or older.[1]

"Workers' risk of disease is increased by exposures to both occupational hazards and risk-related behaviors."[2]

In 2010...



44%

of Americans reported that work is often or always **stressful**.[3]

Safer and Healthier Workplaces Means Better Business.

> Integrated health protection and health promotion measures could have significant and long-term impact on your bottom line and the sustainability of the nation's workforce.

> Forward thinking employers are creating new cultures of safety and health using an integrated approach, called TOTAL WORKER HEALTH™.

How are other employers moving toward an integrated approach?

Dartmouth-Hitchcock Medical Center assigns all employees responsibility for workplace safety and health through its performance management processes. To assure timely medical care, Dartmouth-Hitchcock developed electronic reporting of injuries (EROI). It also uses aggregate EROI data to identify high-risk work units to assess their need for health promotion and protection interventions.

Domtar and 3M enhanced the effectiveness of their hearing loss prevention program by taking it beyond the traditional occupational work environment and into recreational and community activities enjoyed by their workers, their families and their neighbors. Both employers recognized the noise exposures faced by workers outside of work and took steps to provide training and hearing protection devices to their workers.

To learn how employers across the country are improving the health of businesses and the safety and health of workers, visit: www.cdc.gov/niosh/TWH/practices.html.