

TOTAL WORKER HEALTH AT HANFORD

HPMC OCCUPATIONAL
MEDICAL SERVICES

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LEARNING OBJECTIVES

- Introduction to Total Worker Health®
- Discuss the hierarchy of controls
- Social determinants of health
- Benefits to employee and employer
- The Hanford Site
- Total Worker Health at Hanford program focus areas and barriers
- Total Worker Health training opportunities and resources



WHAT IS TOTAL WORKER HEALTH®?

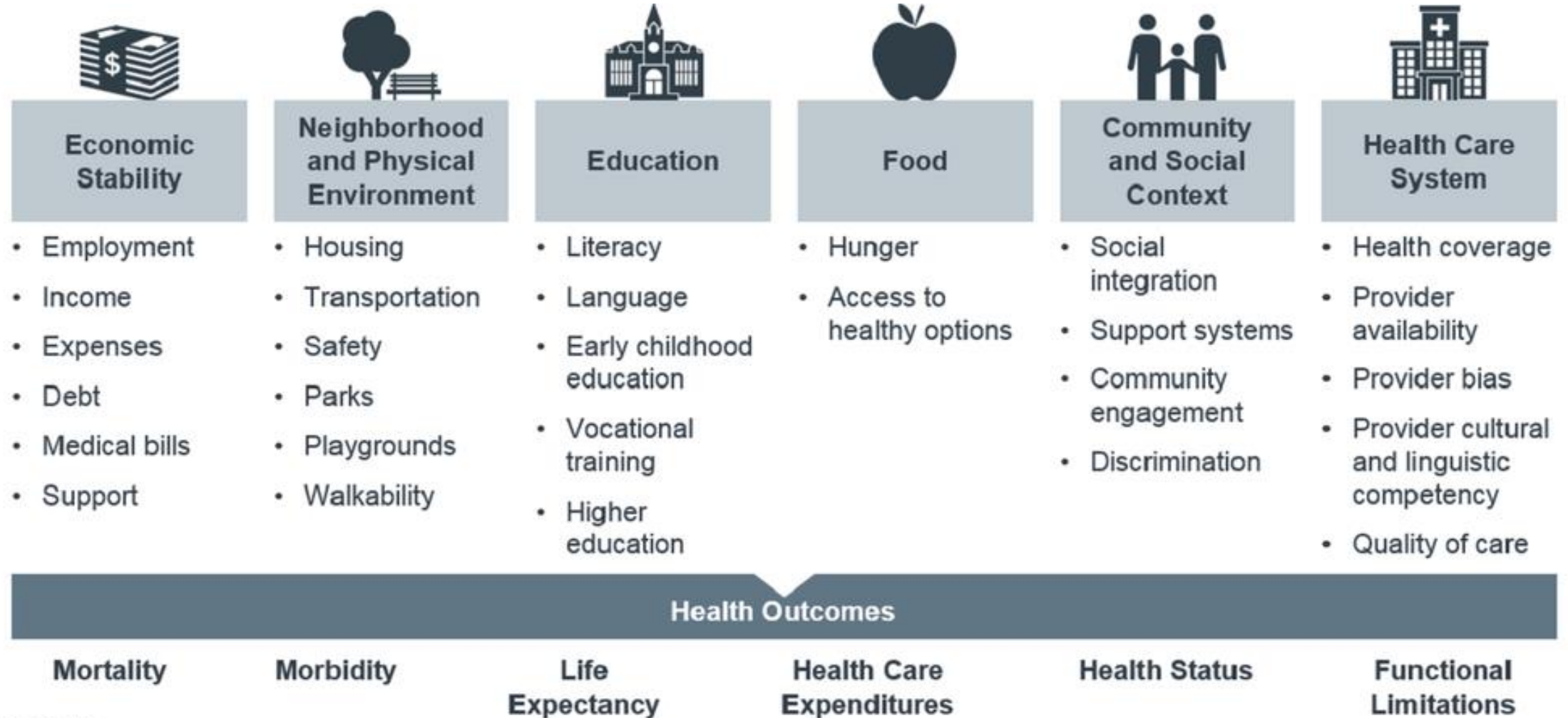
According to the National Institute of Occupational Safety and Health (NIOSH) of the Centers for Disease Control and Prevention (CDC),

“Total Worker Health® is defined as policies, programs, and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness prevention efforts to advance worker well-being.”

WHAT IS THE CONNECTION BETWEEN WORK AND HEALTH?

- Total Worker Health (TWH) explores opportunities to protect workers and advance their health and well-being by improving the conditions of work through workplace policies, programs, and practices. Risk factors in the workplace can contribute to health problems previously considered unrelated to work.
 - Sleep disorders
 - Cardiovascular disease
 - Depression
 - Obesity
- TWH approach focuses on how the workplace environment can both mitigate threats to worker safety and health and enhance overall worker well-being.

SOCIAL DETERMINANTS OF HEALTH



Source: Kaiser Family Foundation

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HIERARCHY OF CONTROL

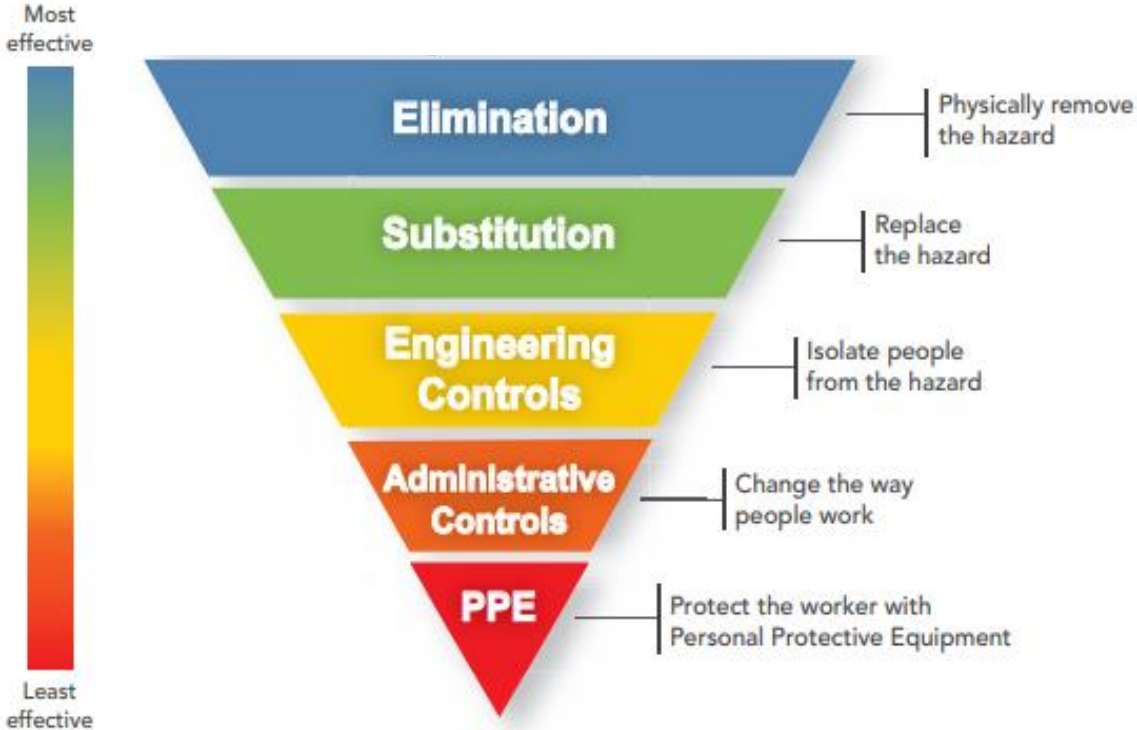


Figure 1. Hierarchy of Controls [NIOSH 2015]

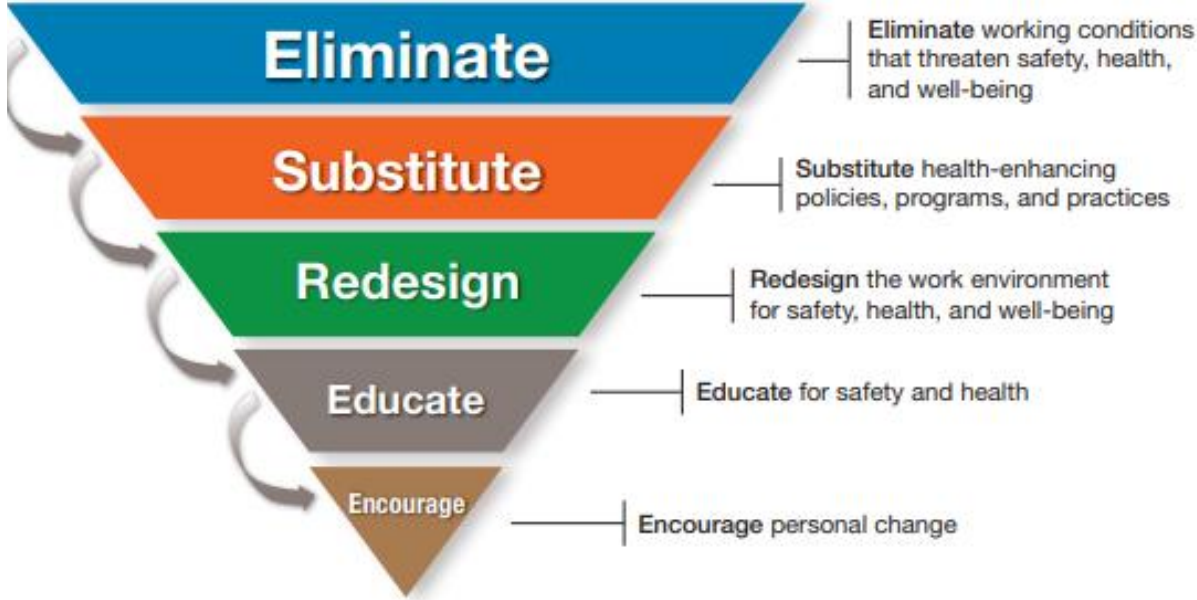


Figure 2. Hierarchy of Controls Applied to NIOSH *Total Worker Health*®

BENEFITS TO WORKERS

A safety and health program at work will positively benefit the whole person. Workers will experience greater morale at work and enhanced work-life balance. Consideration of workers' existence beyond the workday will promote safer and healthier habits at work, home, and in the community.



BENEFITS TO EMPLOYER

- Increased productivity
- Reduction in injuries due to accidents or chronic overuse
- Enhanced health and safety culture
- Appeal to qualified prospective employees
- Reduced healthcare costs
- Reduced presenteeism and absenteeism
- Accountability to established health and safety milestones
- Inclusion of the needs of employees at all levels of the organization



TOTAL WORKER HEALTH AT HANFORD

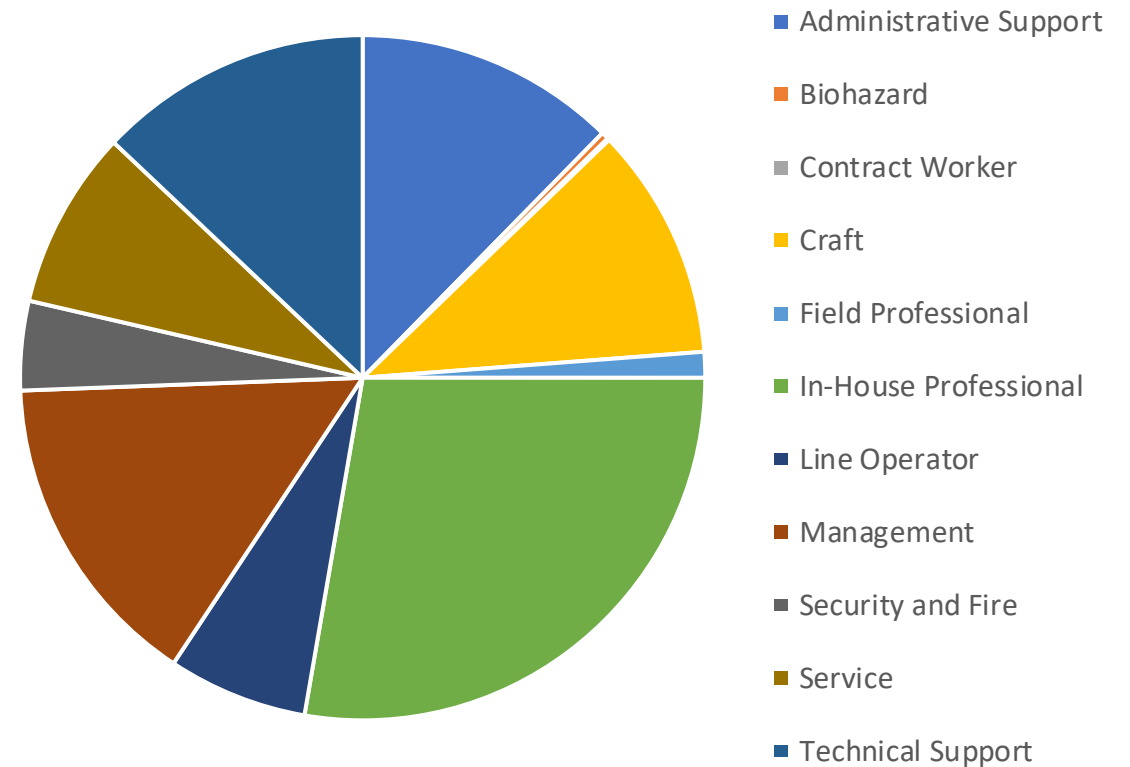
Photographer: Loftics Aerial Photography
US DOE Richland Operations Office



HANDFORD SITE

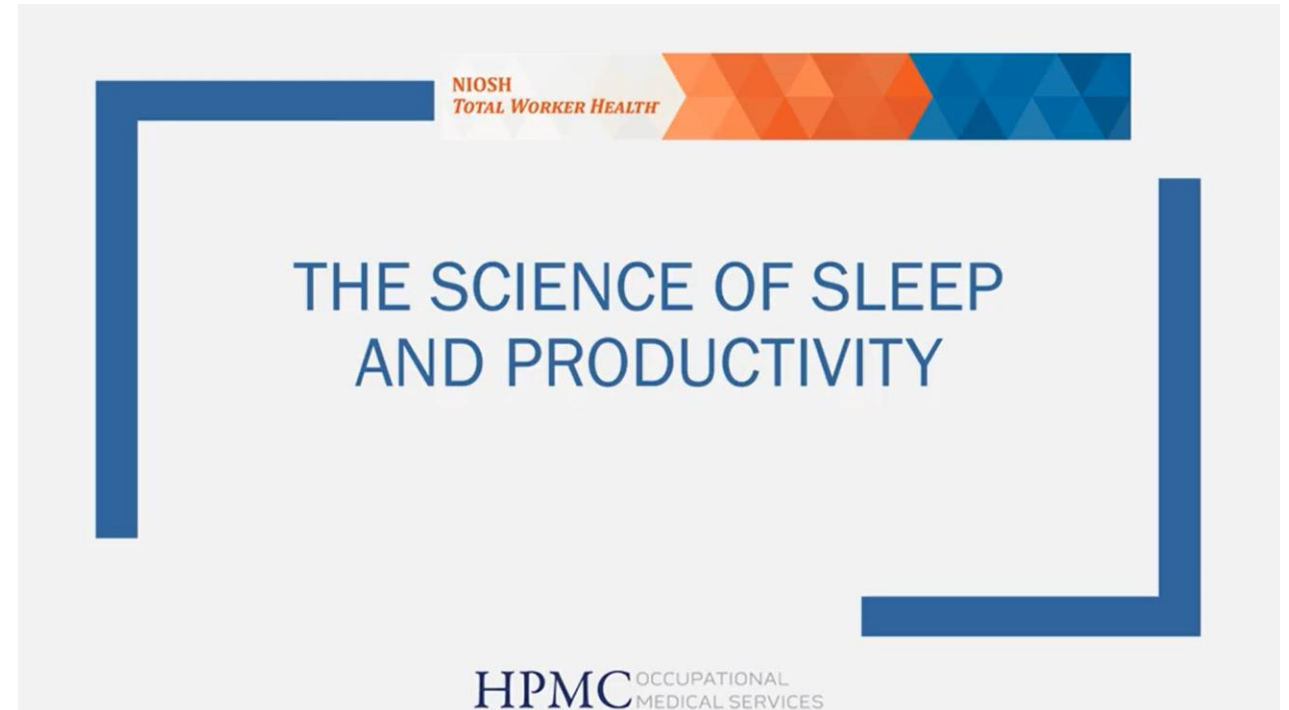
- 7,199 employees receive services from HPMC OMS
- Multiple contactors
- Various shifts- day, swing, graveyard
- Diverse job scopes and work environments
- On-site and telework work posture during pandemic

Hanford Site Workforce Jobs



TOTAL WORKER HEALTH AT HANFORD PROGRAM FOCUS

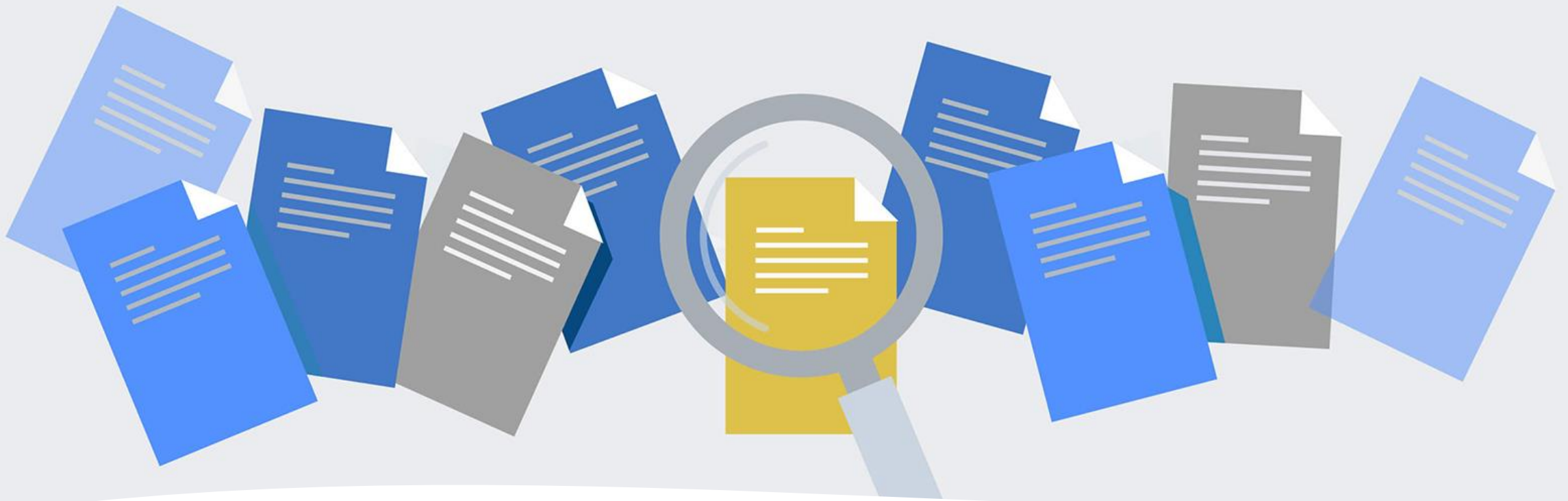
- Reach out to employees in a safe way during pandemic
- Provide tailored content to our unique workforce in a time efficient way
- Integrate the messages into the well-established safety culture
- On demand access to increase access



TOTAL WORKER HEALTH AT HANFORD PROGRAM FOCUS

- Highlight ways employees can implement personal changes
- Highlight ways employers can support employee health and wellness
- Resources linked for additional information

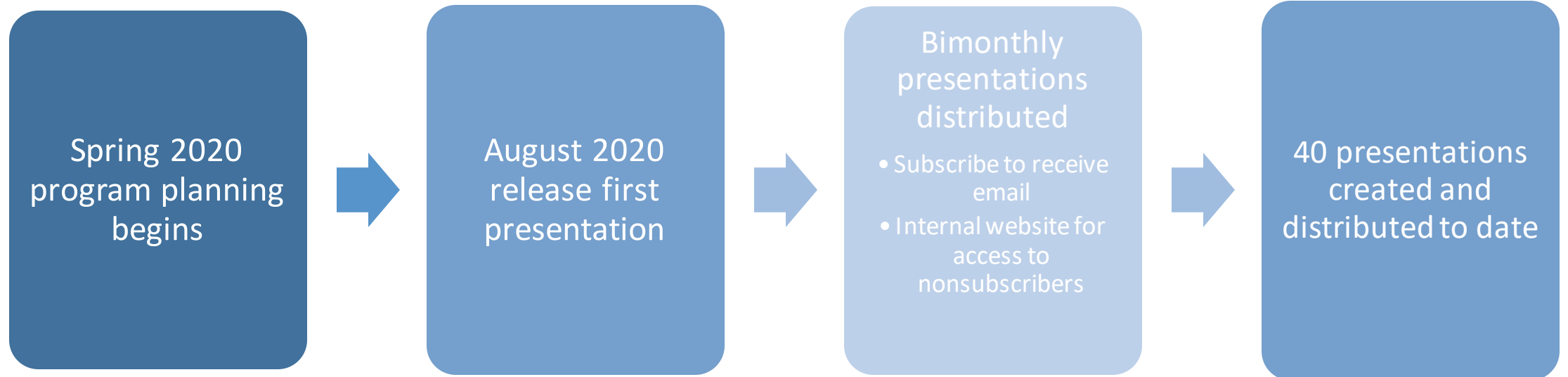




TOTAL WORKER HEALTH AT HANFORD PROGRAM BARRIERS

- Multi contractor workforce
- Policies and procedures unique to each group
- Access to widespread communication channels

TOTAL WORKER HEALTH AT HANFORD



TOTAL WORKER HEALTH AT HANFORD TOPIC LIBRARY

- What is Total Worker Health at Hanford
- Heat Stress
- Physical Effects of Stress
- Lifestyle Management of Stress
- Immunization and Total Worker Health
- Why Breath Matters
- Stretch Your Stamina with Short Breaks
- Repetitive Movement Injuries and Prevention
- The Science of Sleep and Productivity
- Preventing Pandemic Fatigue
- Physical Activity and Immunity
- Physical Fitness and Resilience to Injury
- Preventive Exercise
- Upcoming Occupational Health and Wellness Services
- Knee Injury Prevention
- Integrated Approach to Workplace Mental Health
- Blood Pressure in the Workplace
- Long-haul COVID-19
- Communication in the Workplace
- Food Safety
- Healthier Holidays
- Habits for a Healthy Workforce
- Exercise Consideration for Cold Weather
- Heart Health
- The Hear Safety Connections
- Workplace Eye Wellness
- Foundations for Injury Prevention
- Workplace Ergonomics
- Productive Aging and Work
- North American Safety and Health Week
- World Hand Hygiene
- Joint Health
- Why Fascia Matters
- Occupational Sun Safety
- Occupational Environmental Health
- Recipe for a Healthy Back
- Social Connections in the Workplace



OCCUPATIONAL KNEE INJURIES

Hazard Awareness to Prevent Knee Injury



Prevention

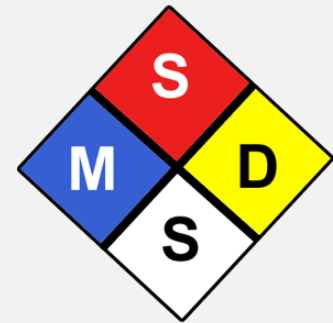
- For Safety/IH
 - Provide kneelers or stools along with knee pads
 - Identify safe walking paths for employees to use
 - If possible, reduce load weight or frequency/duration of repetitive tasks
 - Communicate Work-to-Rest Ratios and the importance of rest breaks
 - Consult with HPMC OMS Exercise Physiologists for Ergonomic Ideas
- For Individuals
 - Increase overall fitness
 - Reduces compensation
 - Improves movement patterns
 - Warm up prior to activity/work
 - Take breaks from repetitive or sustained tasks
 - Use knee pads or kneelers
 - Stretch throughout day
- Communicate any ideas with your Safety/IH
- Ask for Ergonomic Evaluation if you experience Repetitive Strain



COMMUNICATION IN THE WORKPLACE

Communication in the Workplace- Tools

- Trainings
- Safety meetings or toolkits
- Plan of Day meetings
- Posters
- Job packages
- Company newsletters
- Email and Teams messages
- 1-on-1 meetings



FOCUS AREAS

- Highlight areas in policies, programs, and practices that could be enhanced to align with the Total Worker Health model
- Identifying areas that could be redesigned with support from contractors
- Providing education and resources to the workforce
- Encouraging change- big or small

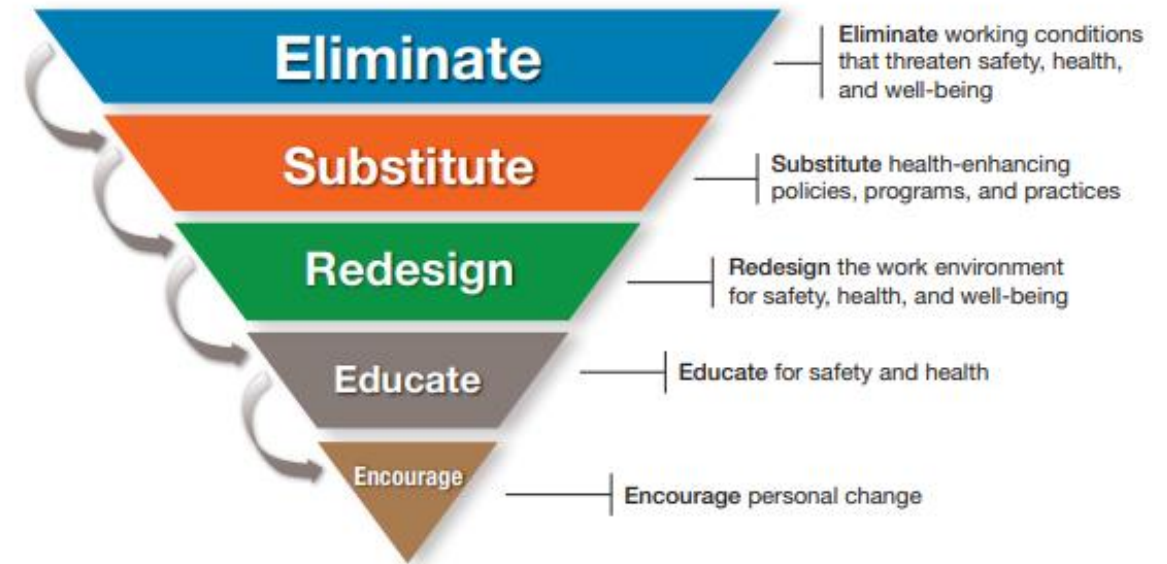


Figure 2. Hierarchy of Controls Applied to NIOSH *Total Worker Health*[®]

TRAINING OPPORTUNITIES AND RESOURCES

- [NIOSH Total Worker Health \(TWH\) Webinar Series](#)
- [TWH Facilitator Training from UMass Lowell](#)
- [TWH for OSH Professionals from UMass Lowell](#)
- [TWH in Action! eNewsletter.](#)
- [Centers of Excellence page](#)
- [Total Worker Health Affiliate Program](#)
- [“Fundamentals of Total Worker Health® Approaches: Essential Elements for Advancing Worker Safety, Health, and Well-Being”](#) from the National Institute of Occupational Safety and Health, a division of the Centers for Disease Control and Prevention and the Department of Health and Human Services.

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CLOSING REMARKS

- Access resources
- Attend trainings
- Identify areas that your organization can focus on
- Talk with your workforce
- Listen to the ideas and assess what is within your control
- Plan
- Implement

The Drive Toward **TOTAL WORKER HEALTH**[®]



THANK YOU

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