

“It’s Who I *Am*”: The Full Safety Lifestyle



HILE GROUP

Margaret Davis, Vice President
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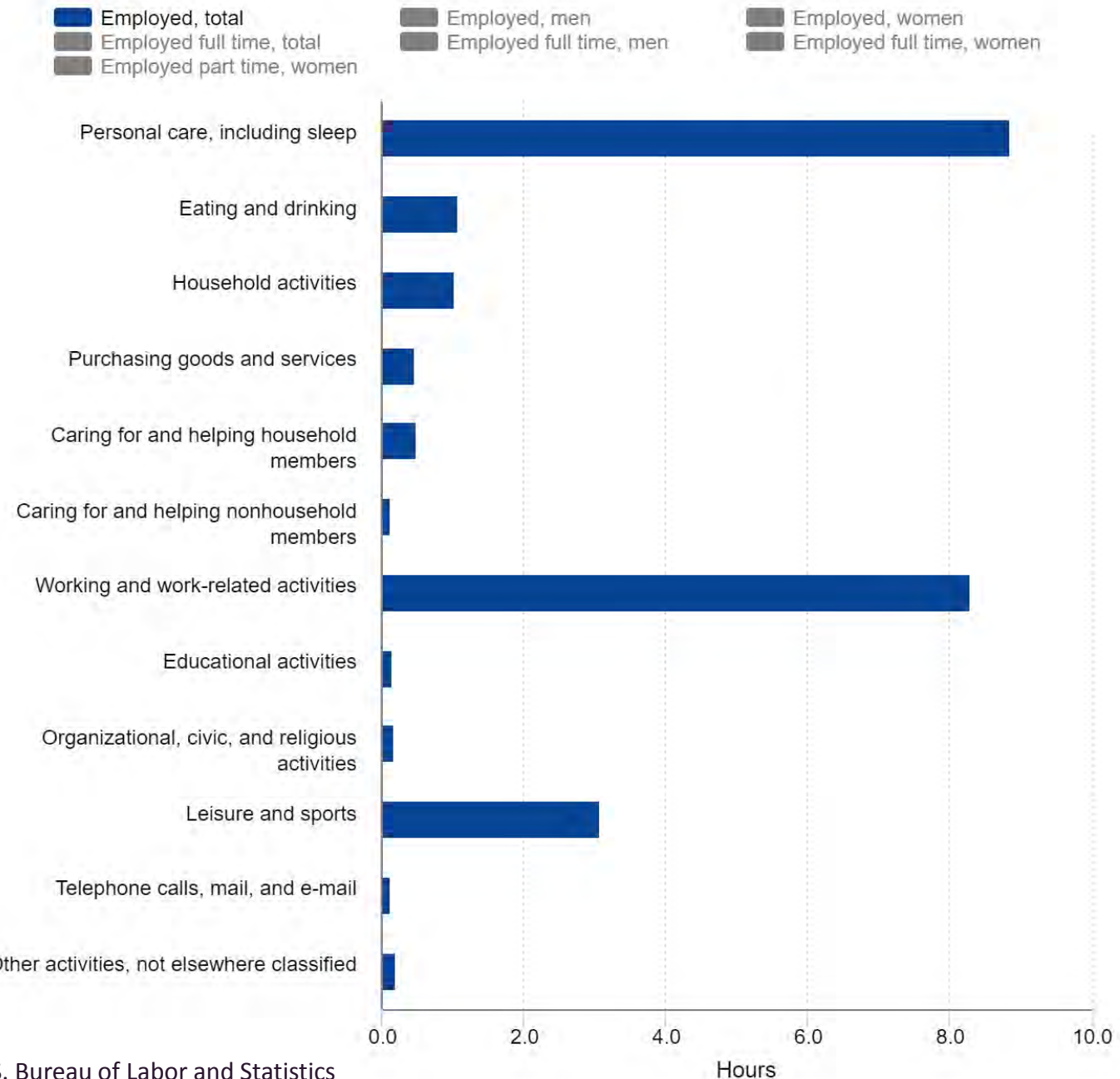


Virtual Safety Briefing

*Have you thought
it through?*

- **Home hazard analysis**
 - ✓ Am I home alone?
 - If yes, who is lined up to help in an emergency?
 - If no, are we organized for emergency response?
- **Weather**
- **Means of egress**
- **Slip and/or trip hazards**
- **Workspace ergonomics**

Average hours per day spent in selected activities on days worked by employment status and sex, 2019 annual averages



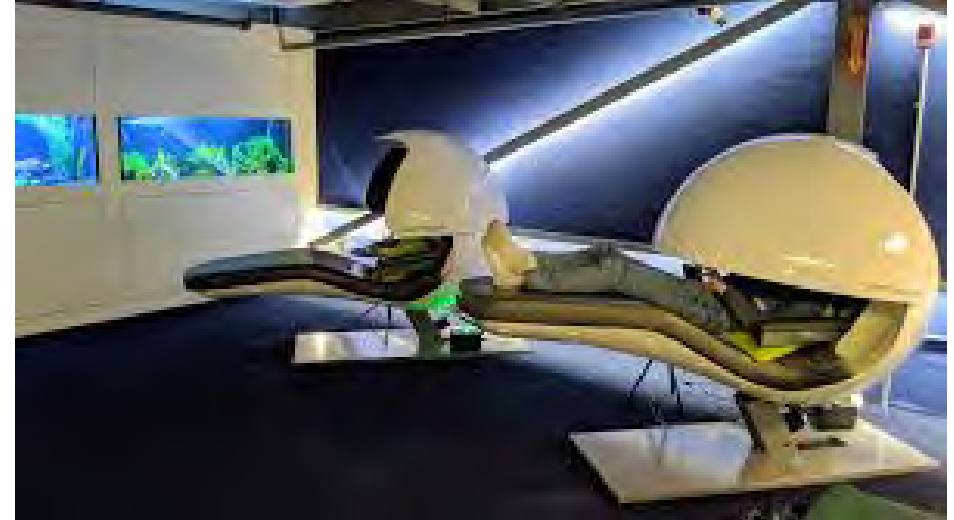
On average,
employed US adults
spend more than half
of their waking lives
working or engaging
in work-related
activities.

CPH-NEW Total Worker Health® “Integration” Model

Addressing the worker as a whole and acknowledging the complex overlap between work and home can help employers and workers navigate the demands of the whole year through



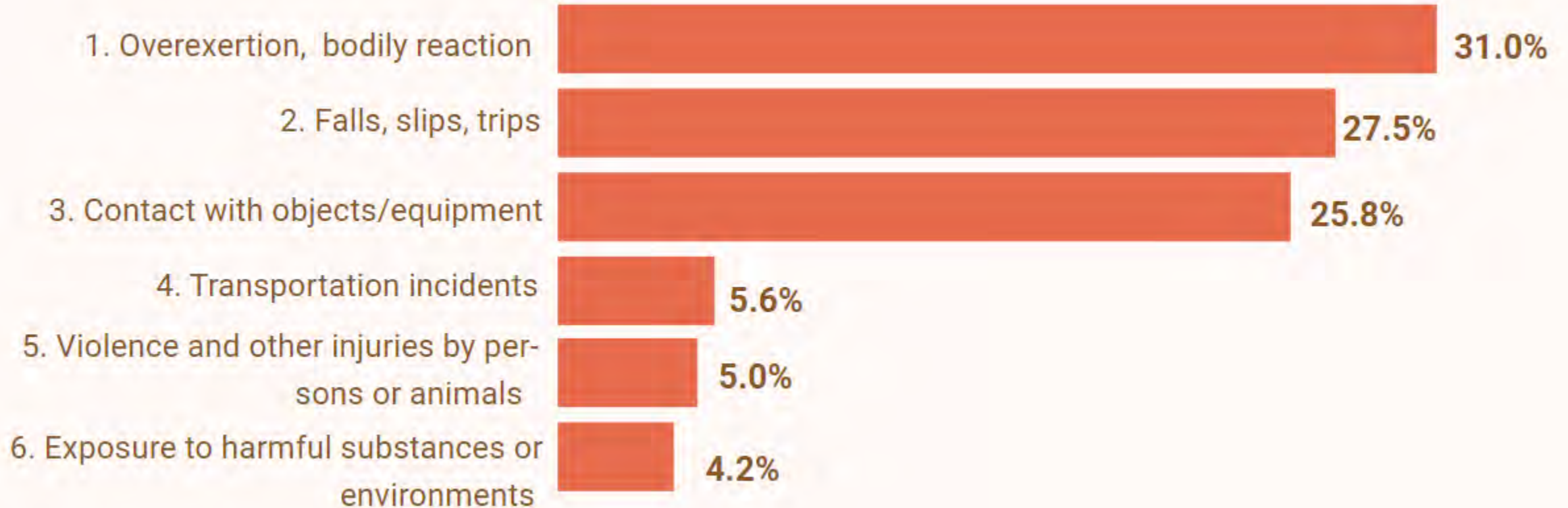
When you hear
“Total Worker Health”
you might think...



Key Tenants of Total Worker Health

- Integrated approach that involves identifying and engaging the many parts of an organization that have the shared goals of worker safety, health, and well being
- Includes:
 - ✓ Human Resources
 - ✓ Benefits design
 - ✓ Return-to-work programs
 - ✓ Disability management
 - ✓ Occupational health
 - ✓ Integration of off-the-job EHS messages into existing workplace safety programs
 - ✓ Risk management
 - ✓ Health education
 - ✓ Corporate social responsibility
 - ✓ Equal employment opportunity
 - ✓ Business strategy
 - ✓ Offering of Employee Assistance Programs (EAPs) w/ a focus on promoting safety in the home and community

Common off the job injuries





Don't forget to give
yourself credit for what
you may already be
doing!



Effective Total Worker Health Strategies include:

- ✓ The provision of adequate paid leave
- ✓ Support for workers returning to work after injury
- ✓ Good management of disabilities
- ✓ Opportunities for higher wages
- ✓ Greater autonomy, flexibility, and control over job tasks
- ✓ Improvements to the organization of work and to the way jobs are structured
- ✓ Improvements to the physical work environment
- ✓ Access to health care coverage

Leading Indicator Examples for Health & Wellness



Education/Awareness: *Metrics intended to measure the awareness of employees when it comes to your company's health & wellness offerings*



Reach: *Measures the scope of health & wellness activities in terms of geographic location and/or populations reached*



Participation: *Metrics measuring the extent of employee participation*

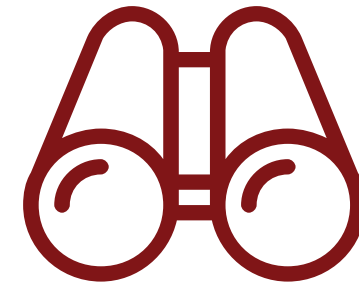


Satisfaction: *Measures employee satisfaction w/ offered programs/activities*



Organizational health: *Measures to assess the "health" or functioning of your health & wellness program*

So, who am I?



「
And, who are *you*?
」





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