

Worksheet 1: Self-Assessment of Defining Elements of Total Worker Health

HOW TO USE: Consider printing out this sheet and completing as you think about your current workplace initiatives relative to the Defining Elements of *Total Worker Health* outlined on pages 7–18. If you need more space, continue writing on your own paper.

- In the “Where we are now” column, summarize your current practices relative to a Defining Element of TWH.
- In the “Where we want to be” column, consider how your existing programs, policies, and practices could be adjusted or expanded to more effectively address Total Worker Health in your organization.

Defining element of TWH	Where we are now/What we do well	Where we want to be/ What must be improved
Demonstrate leadership commitment to worker safety and health at all levels of the organization		
Design work to eliminate or reduce safety and health hazards and promote worker well-being		
Promote and support worker engagement throughout program design and implementation		
Ensure confidentiality and privacy of workers		
Integrate relevant systems to advance worker well-being		

Worksheet 2: Action Plan

HOW TO USE: Consider printing out this sheet and completing after Worksheet 1. For each Defining Element of TWH of interest to your organization, use the content in the “Where we want to be” column on Worksheet 1 to help populate “Needs identified.” For each need identified, continue working from left to right, answering the questions in each column as you go. If you need more space, continue writing on your own paper.

Defining element of TWH	Needs identified	Who should we include?	What obstacles might we encounter?	What are some solutions to those obstacles? What resources outside the workplace could we pull in to help?	What steps must we take to make this happen?