

Total Worker Health[®] Approach

Preventing injuries by promoting overall health and well-being

What does SAIF have in common with NASA, the National Safety Council, and the University of Michigan?

Like them, SAIF is a partner in the *Total Worker Health* (TWH) Affiliate Program, sponsored by the National Institute for Occupational Safety and Health (NIOSH).

What is TWH, and what does it have to do with workplace safety?

TWH recognizes the role of the work environment in supporting safety and health. It helps employers invest in evidence-based strategies that help workers be at their best—physically, mentally, and emotionally.

Studies show that people who are healthy and fit are less likely to be injured. If they are injured, they typically recover more quickly.

What does this mean for SAIF and our policyholders?

Hundreds of Oregon employers are embarking on the TWH journey. These employers recognize that worker well-being efforts, including workplace safety, health-supportive workplaces, and working conditions enhancements can improve not only injury rates, but also employee satisfaction and retention, employee health spending, and productivity.

SAIF's TWH Affiliate designation:

- Gives our customers an opportunity to engage with evidence-based tools for bringing TWH to even the smallest workplaces

- Demonstrates SAIF's commitment to employee well-being within our own company and throughout the state
- Creates partnership opportunities that bring evidence-based solutions to Oregon employers
- Recognizes SAIF as a national leader and innovator in using health improvement as a proven strategy for injury prevention



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Total Worker Health isn't another program or fad. It's a set of proven strategies that help organizations prevent injuries and improve productivity by promoting healthy workplaces.

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Learn more

To learn more about how TWH can help prevent injuries and improve productivity in your workplace, please contact your safety consultant or SAIF's TWH adviser.