



# Promoting U Through Safety & Health



## ABOUT THE PUSH TOOLKIT

The Oregon Healthy Workforce Center's Promoting U Through Safety and Health (PUSH) is an evidence-based *Total Worker Health*<sup>®</sup> toolkit designed for young workers between 14 to 24 across different industries. Young workers are at an increased risk for occupational injuries due to a lack of job experience, an inability to recognize hazards, ongoing cognitive and physical development, and a reluctance to speak up. PUSH is designed for workplaces to reduce workplace injuries, increase healthy habits, and build communication skills. In turn, these outcomes can contribute to a healthy and productive young workforce. The PUSH toolkit contains online training, "Start the Conversation" team discussion and activities.

## PUSH TOOLKIT COMPONENTS



50-minute online training using stories of real young worker fatalities and injuries to teach young workers about safety, communication, and health. Young workers will learn ways to prevent injuries in the workplace.



Supervisor-led, "Start the Conversation Activities" reinforce concepts learned in the online training to engage supervisors and young workers in two-way conversation about safety and health at work.



Social media prompts are videos and images can be used creatively by your organization to emphasize principles included in the online training or the "Start the Conversation Activities" to facilitate understanding of learned concepts.

## ACCESS AND LEARN MORE ABOUT THE PUSH TOOLKIT

[YourWorkpath.com/PUSH](https://YourWorkpath.com/PUSH)

## LEARN MORE ABOUT OHWC

[ohsu.edu/ohwc](https://ohsu.edu/ohwc)





## TESTIMONIAL

"...we believe that using PUSH as a standard training for new hires is a wise investment in our employees. Not only does it enhance the training that we require for all workers, but the online format allows us to save time and money that we would otherwise need to spend on in-person training." -Barbara Aguon, Safety Manager Portland Parks and Recreation

## WHY PUSH?

PUSH study participants reported:

- 69% improvements in health and safety on the worksite
- 63% positive change in safety and health behaviors
- 73% would recommend the training to a coworker

## BEHIND THE SCIENCE

The overall goal of PUSH is to reduce injuries and improve health with the added benefit of creating a more productive workforce. PUSH was evaluated with park and recreation workers, in a randomized trial of 141 parks and recreation workers with an average age of 18. These young workers were hired for the summer and were given the opportunity to participate in the PUSH training. The PUSH training produced significant improvements in safety and health knowledge, though attitudes toward health and safety did not improve. The training was well liked by the study participants. PUSH study partners included: Portland Parks and Recreation, Oregon Young Employee Safety (OYES), Portland Youth Builders, Oregon Bureau of Labor and Industries, and the University of Iowa.

## WHERE CAN I ACCESS PUSH?

**Option 1:** PUSH is a self-paced and ready-to-use toolkit that can take 1 to 6 hours to hours to complete. Components of the toolkit are free except for an online training annual license.

- **Online Training:** \$20 per user
- **Start the Conversation Activities:** no cost
- **Social Media Promptis:** no cost

**Option 2:** Join OHWC's YourWorkpath Program to access the toolkit for one year at no cost. Includes additional incentives and provides feedback to help us improve future toolkits. Visit, [YourWorkpath.com/tryourtoolkits](http://YourWorkpath.com/tryourtoolkits) for more information.

**Option 3:** Customization, branding, and licensing of training for Learning Management System (LMS) options available. Contact us at Helen Schuckers, [schucker@ohsu.edu](mailto:schucker@ohsu.edu).

**ACCESS THE PUSH TOOLKIT:**  
[YourWorkpath.com/PUSH](http://YourWorkpath.com/PUSH)



## EFFECTS OF PUSH ON EMPLOYEE SAFETY, HEALTH AND WELL-BEING

We used a randomized controlled study to evaluate the effectiveness of PUSH. We found that PUSH showed improvements in safety and health knowledge and was well liked by the young workers.

- 59% enjoyed the training
- 95% Reported learning new information
- 67% Reported changing behaviors as a result of this training
- The PUSH training produced significant improvements in safety and health knowledge, though attitudes toward health and safety did not improve\* (0.4)

\*p < .05, Note: Effect size in Cohen's d: .20=small, .50=medium, .80=large