

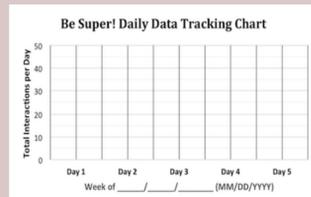
# Be Super! in Construction

Construction workers in the United States are 3 to 5 times more likely to be injured or killed on the job compared to workers in other industries. The "Be Super!" toolkit is an evidence-based program designed to help organizations improve safety, health, and well-being by educating employees on effective supervision, safety practices, and healthy lifestyles.

## What does the "Be Super!" toolkit offer?



90-min online supervisor training on skills in communication, supporting employees and team building



Behavior tracking to help set supportive supervisor goals and reinforce what is learned in the online training



"Get Healthier" scripted cards educate employees and spark discussions on a variety of health and wellness topics



"Take Home Activities" from the Get Healthier cards help employees set goals to be healthier inside and outside of work

## What are people saying about "Be Super!"?

**100%** of Be Super! study participants rated the training favorably

**75%** found the BeSuper! toolkit to be useful

### Research shows Be Super! can improve:

- Social support for a healthy diet
- Supervisor skills and knowledge
- Exercise and strength
- Group-level safety climate
- Team cohesion
- Systolic blood pressure



### Testimonial:

"...It made me more aware of being a good role model to fellow coworkers and to also always be a good safety representative for Inline Construction.

I especially enjoyed the weekly meetings and the camaraderie shared by our team. To have us go over the same material together made us all accountable to each other for our safety and wellness habits."

Mary Browne, InLine Commercial Construction

## More about "BeSuper!"

Be Super! is a self-paced and ready-to-use toolkit available in both English and Spanish

All components of the toolkit are free except for a license for the online training and Get Healthier Cards

**Online Training: \$25 per user**  
**Behavior Tracking Cards: no cost**  
**Get Healthier Cards & Take Home Activities: \$100**

Customization and branding options available

## Ready to get started or have questions?

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[yourworkpath.com/be-super](http://yourworkpath.com/be-super)



Be Super! was a NIOSH-funded Total Worker Health® project. A Total Worker Health® approach is one that jointly addresses workplace safety and health hazards with illness prevention to reduce injury, improve safety, and enhance worker well-being.