



Be Super! in Construction



ABOUT THE SHIP TOOLKIT

The Oregon Healthy Workforce Center's Be Super! In Construction is an evidence-based *Total Worker Health*[®] toolkit designed for supervisors and managers in construction and also offer opportunity for team-based discussions. Be Super! contains online training modules, downloadable supervisor "Action-Self Tracking sheets, and "Get Healthier Lifestyle" cards that includes "Take Home Activities" to help improve the safety, health and well-being of employees. Supervisors participating in Be Super! are encouraged to track their use of the family- and safety-supportive behaviors learned in the online training for a period of two weeks after to reinforce knowledge and skill utilization.

BE SUPER! TOOLKIT COMPONENTS

-  90-min online supervisor training on how to support safety and work-life balance among employees
-  2-week "Action Self-Tracking" activity where supervisors set supportive supervisor goals and reinforce what is learned in the online training
-  "Get Healthier" scripted activity cards educate employees and sparks discussion on a variety of health promotion and well-being topics
-  "Take Home Activities" from the Get Healthier cards help employees set healthy goals inside and outside of work

**ENGLISH & SPANISH
VERSION AVAILABLE
LEARN MORE ABOUT THE
BESUPER TOOLKIT**

YourWorkpath.com/Be-Super

LEARN MORE ABOUT OHWC

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TESTIMONIAL

"...it made me more aware of being a good role model to fellow coworkers and to also always be a good safety representative. 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 Brown, InLine Commercial Construction

WHY BE SUPER?

Research shows, Be Super! can help improve:

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

BEHIND THE SCIENCE

The Be Super! toolkit was developed by a team of researchers with decades of experience in collecting, analyzing, and interpreting data. The toolkit was tested with 35 construction workers across four commercial construction companies. We found important improvements in safety, health, and well-being (Anger et al., 2018).

- The concept of the "Get Healthier Lifestyle" cards was based on successful team delivered healthy lifestyle education (e.g., Olson et al., 2015) and information on healthy living from the CDC and other nationally-recognized sources.
- The supervisor training evolved from research with Latinx supervisors (Austin et al., 2007).
- Take-Home Activities are designed to facilitate and reinforce what is learned.

WHERE CAN I ACCESS Be SUPER?

Option 1: BeSuper is a self-paced and ready-to-use toolkit. All components of the toolkit are free except for an annual license for the online training and "Get Healthier Cards"

- **Online Training:** \$25 per user
- **Action Self-Tracking Cards:** no cost
- **Get Healthier Cards:** \$100 (unlimited use)

Option 2: Join OHWC's YourWorkpath Program to access the toolkit for one year at no cost. Includes additional incentives and provide feedback to help improve future toolkit design. Visit, YourWorkpath.com/tryourtoolkits

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

ACCES THE BE SUPER TOOLKIT
YourWorkpath.com/Be-Super



EFFECTS OF BE SUPER! ON SAFETY, HEALTH, AND WELL-BEING

OHWC conducted a randomized controlled study to evaluate the effectiveness of Be Super. Be Super led to improvements in employee safety compliance and group level safety climate:

- Self reported through a survey, there was an increase in employee agreement with statements about their compliance with safety standards and procedures* (.50)
- Study participants increased their agreement with statements about safety climate of work groups from pre-program to post-program. This is a 6% increase in Group Level Safety Climate* (.06)

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