17th Annual Occupational Health Symposium 2015

Total Worker Health™

April 16-17, 2015 • Cedar Rapids, Iowa
The Hotel at Kirkwood

Exhibitor Prospectus

Jointly provided by: The University of Iowa’s College of Public Health’s Healthier Workforce Center of Excellence, Heartland Center for Occupational Health & Safety, and WORKSAFE IOWA with The University of Iowa Carver College of Medicine, and The University of Iowa College of Nursing.
Total Worker Health™ is a strategy integrating occupational safety and health protection with health promotion to prevent worker injury and illness and to advance health and well-being.

Today, emerging evidence recognizes that both work-related factors and health factors beyond the workplace jointly contribute to many safety and health problems that confront today’s workers and their families.

Traditionally, workplace safety and health programs have been compartmentalized. Health protection programs have focused squarely on safety, reducing worker exposures to risk factors arising in the work environment itself. And most workplace health promotion programs have focused exclusively on lifestyle factors off-the-job that place workers at risk. A growing body of science supports the effectiveness of combining these efforts through workplace interventions that integrate health protection and health promotion programs.

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### Purpose

The Total Worker Health™ Program supports research on the integration of health protection and health promotion programs with communication of current knowledge, promising practices, challenges, and concepts of total worker health. This symposium will introduce the Total Worker Health™ concept as a facet to supplementing workplace wellness and safety programs.

### Intended Audience

This symposium is intended for physicians, physician assistants, nurses, nurse practitioners, safety professionals, administrators, wellness administrators, human resource professionals, and other individuals interested in improving the health and safety of workers.

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**Registration**

The exhibitor fee for the 17th Annual Occupational Health Symposium includes a draped exhibit table, and will be invited to join us for networking at breakfast, breaks, and lunch for up to two people. Pre-registration is required. Exhibit space is limited.

Exhibit space is available on one day only of this event, Thursday, April 16, 2015 - exhibitor fee is $200.

[CLICK HERE TO REGISTER NOW!](#)

**Benefits of Exhibiting**

This annual spring symposium has a new spin, as we are adding topics regarding Total Worker Health™. We are not separating sessions by day (I: Industrial Hygiene, II: Safety & Ergo, or III: Occ Med & Occ Nursing), instead we are incorporating these concepts into the entire 17th Annual Occupational Health Symposium: Total Worker Health™.

Professionals of all types of health, safety, and wellness industries will be present.

Information about this conference has been shared across a wide variety of professionals, including a distribution list not previously used for this symposium.

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**Conference Location & Lodging**

The Hotel at Kirkwood has a block of rooms reserved for April 15, 16 & 17, 2015 for $114+tax per room per night for single or double occupancy.

Group code is: Occupational Health Symposium.

Reservations should be made by March 26, 2015.

Free parking is provided at The Hotel at Kirkwood.

7725 Kirkwood Blvd SW
Cedar Rapids, IA 52404
319-848-8700 or 877-751-5111 toll free
[www.thehotelatkirkwood.com](http://www.thehotelatkirkwood.com)
**Agenda - Thursday, April 16, 2015**

### Building the Case for Total Worker Health™

<table>
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<th>Time</th>
<th>Activity</th>
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| 8:00 a.m. | Registration, Exhibits, and Breakfast  
8:15 a.m. Optional: 10-minute Workplace Yoga                                                      |
| 8:45 a.m. | Welcome and Announcements                                                                 |
| 9:00 a.m. | What is Total Worker Health™?                                                                 |
| 9:30 a.m. | KEYNOTE: Making the Business Case for Total Worker Health™: Exploring Value, Engagement, and Productivity |
| 10:30 a.m. | Exhibits and Refreshment Break  
Optional: 10-minute run-down of “Conference Call Calisthenics”                                 |
| 11:00 a.m. | Musculoskeletal Health Outcomes Among Office Workers: Occupational Factors and Intervention Strategies |
| 12:00 p.m. | Lunch (provided) and Exhibits  
Optional: 10-minute outdoor walk at Kirkwood                                                      |
| 1:00 p.m. | Panel Discussion: Total Worker Health™-Examples from Business                                 |
| 2:00 p.m. | Multi-Generational Risks - Worker Slips, Trips & Falls                                        |
| 3:00 p.m. | Exhibits and Refreshment Break  
Optional: 10-minute Mindful Meditation                                                            |
| 3:30 p.m. | Unlocking Discretionary Effort: Engagement for Total Worker Health™                            |
| 4:30 p.m. | Adjourn                                                                                       |

### Educational Objectives

Upon completion of this program, participants will be able to:

* Describe Total Worker Health™ and how it can be used effectively.
* Compile knowledge on the economic, health, and prevention benefits of introducing integrated occupational safety and health protection and health promotion strategies within organizational settings.
* Describe the evidence of the associations between physical, psychosocial and work organization factors and musculoskeletal health outcomes among office workers.
* Discuss the evidence base regarding intervention strategies to reduce the occurrence and impact of musculoskeletal health outcomes among office workers.
* Identify Total Worker Health™ practices in the workplace that have been successful or that have failed.
* Explain the magnitude and risk factors for same-level falls.
* Describe why older adults are more at risk for falls at both work and home.
* Describe slip/fall prevention best practices.
* Define engagement in the workplace.
* List two organizational factors that might affect employer engagement.
* List two individual factors that might affect employee engagement.
* Describe two potential strategies to improve engagement.

### Program Faculty

- **Casey Chosewood, MD, MPH**, Director of Office, Total Worker Health™, National Institute for Occupational Health and Safety (NIOSH); Centers for Disease Control and Prevention (CDC), Atlanta, GA
- **Deborah Fell-Carlson, RN, MSPH, COHN-S**, Policyholder Safety and Wellness Advisor, Saif Corporation, Salem, OR
- **Nathan Fethke, PhD, CPE**, Assistant Professor, Department of Occupational and Environmental Health; Ergonomics Program Director, Heartland Center for Occupational Health; Consultant, WORKSAFE IOWA; Deputy Director & Principal Investigator, Healthier Workforce Center for Excellence, College of Public Health, University of Iowa, Iowa City, IA
- **Scott Fisher**, President, McCrossen Consulting, Cedar Rapids, IA
- **Angie King Taylor, RN, COHN-S, IH**, Midwest Region Laborers' Health & Safety Fund, Springfield, IL
- **Larry Readout, MBA, CSP, WACH**, Senior Engineer, Certified Walkway Auditor, Certified Matter of Balance Couch/Trainer, EMC Insurance Companies, Des Moines, IA
- **Diane Rohlman, MA, PhD**, Associate Professor, Department of Occupational and Environmental Health; Center Director & Principal Investigator, Healthier Workforce Center for Excellence, College of Public Health, University of Iowa, Iowa City, IA
- **Timothy Sagers, MD**, Medical Director, Business Health Solutions, MercyCare, Cedar Rapids, IA
- **Sandy Stewart, MEd**, Wellness Manager, ACT Inc, Iowa City, IA
- **Randy Westman, MBA**, Human Resources Manager, Johnson Machine Works, Inc., Chariton, IA