

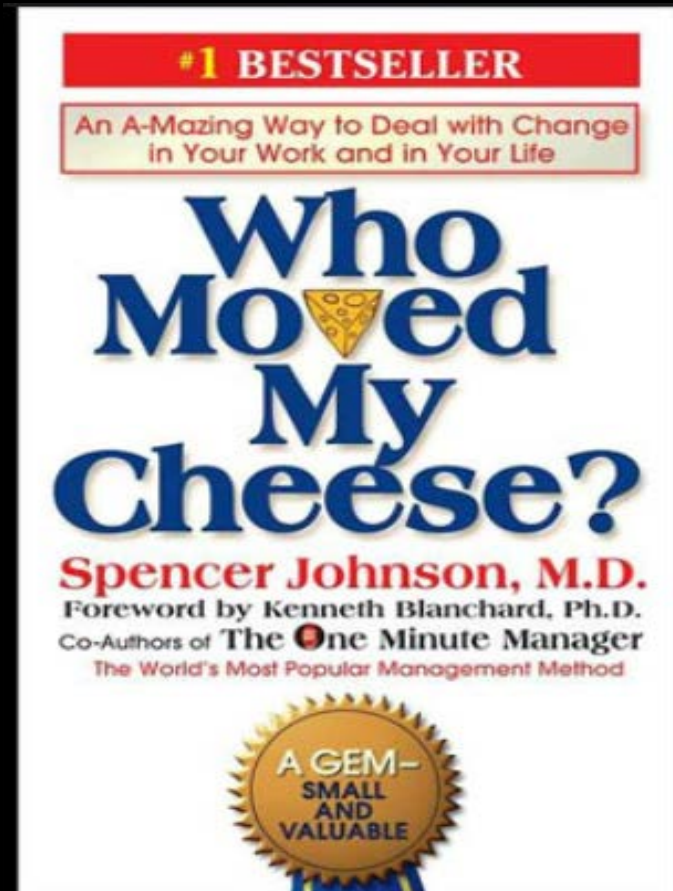
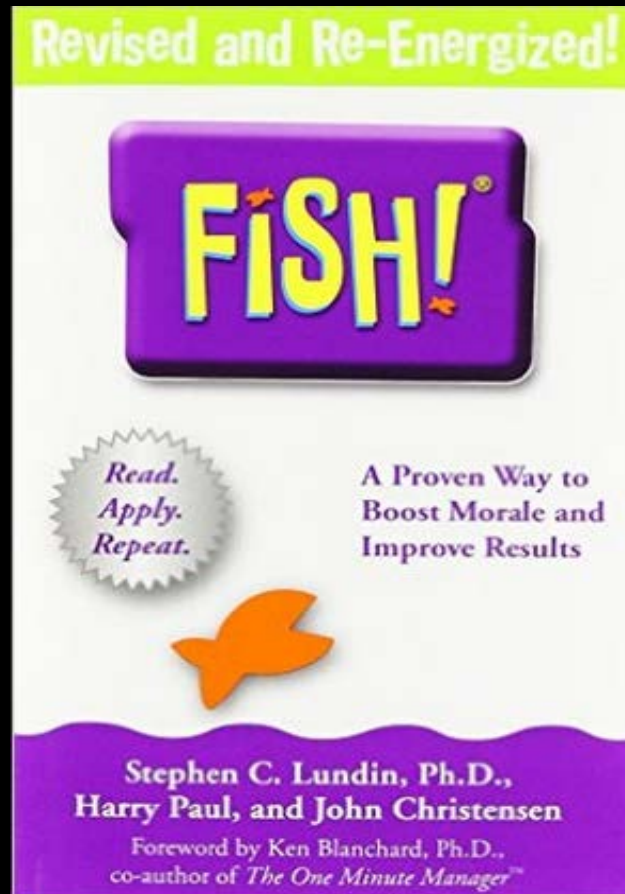
CREATING A CULTURE OF SAFETY AND WELLNESS¹ IN THE WORKPLACE

WORKPLACE
HEALTH & SAFETY

"Dr. Mike" Monroe Kiefer

powermindtraining.com

WHY ARE THESE FORGOTTEN PROGRAMS?



FADS FADE AWAY!



A CULTURE SHIFT IS NOT A FAD A LONG TERM SYSTEMATIC APPROACH IS REQUIRED

A culture shift requires a systematic approach



MANY ORGANIZATIONS
ALREADY HAVE A MODEL SYSTEM-
SAFETY OR WELLNESS PROGRAMS

SAFETY

is

EVERYONE'S

RESPONSIBILITY!



WORKPLACE SAFETY IS ALWAYS A CULTURE, NOT A FAD



- Employee engagement is key
- How are employees engaged in safety in your workplace?

SAFETY AND WELLNESS ARE DIRECTLY RELATED AND MERGING IN MANY ORGANIZATIONS- WHY?

- Healthy employees:
- have less safety accidents
- Recover faster
- Less sick leave
- Less chronic illnesses
- Less fatigue
- More alert mentally
- More productive
- Cost the organization less money!

ACTIVITIES TO CREATE ORGANIZATIONAL CULTURE SHIFT

- Internal lead teams- drivers from within
- Education- flyers, internet website links, newsletter, events, communicate with staff
- Training- mandatory and optional, in-house, consultants
- Guest speakers on topics of interest
- Demonstrations- live on site, fire extinguishers, drills
- Personal stories from coworkers or others- good and bad
- YouTube videos- Ted talks and educational clips
- Manuals, guides
- Public posters and signs
- Contests and prizes
- Tracking charts, individual, departmental, organization

MONTHLY EVENTS

- Need not be a large event
- Could be a contest spanning a month
- Guest speaker
- Lunch and learn talks
- Educational flier or memos



EXERCISE CONTEST SPANNING A MONTH OR MORE



TEAM THEME EVENTS




RETREATS/ALL EMPLOYEE TRAINING



FIRE EXTINGUISHER LIVE DRILLS




ACTIVE SHOOTER SAFETY TRAINING



How to Respond

WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY



QUICKLY DETERMINE THE BEST WAY TO PROTECT YOUR OWN LIFE. OTHERS ARE LIKELY TO FOLLOW THE LEAD OF MANAGERS AND EMPLOYEES DURING AN ACTIVE SHOOTER SITUATION.

1

RUN

HAVE AN ESCAPE PLAN AND ROUTE ESTABLISHED
LEAVE YOUR BELONGINGS BEHIND
KEEP YOUR HANDS VISIBLE

2

HIDE

HIDE OUT OF THE ACTIVE SHOOTER'S VIEW
BLOCK ENTRY TO YOUR HIDING PLACE
LOCK ALL LOCKABLE DOORS

3

FIGHT

AS A LAST RESORT WHEN YOUR LIFE IS IN IMMINENT DANGER
ATTEMPT TO INCAPACITATE THE ACTIVE SHOOTER
ACT WITH PHYSICAL AGGRESSION - THROW ITEMS AT SHOOTER

CALL 911 WHEN IT IS SAFE

HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES	RECOGNIZING SIGNS OF POTENTIAL WORKPLACE VIOLENCE
<ul style="list-style-type: none"> • Remain calm, and follow officers' instructions • Do not run unless told to do so by officers • Keep hands visible at all times • Avoid walking back towards, toward officers such as attempting to hold up or flee for safety • Avoid pointing, screaming and/or yelling • Do not try to risk officers for help or direction unless absolutely, just proceed to the location then wait officers to arrive for protection <p>PROVIDE INFORMATION TO OFFICERS OR 911</p> <ul style="list-style-type: none"> • Location of the incident and the entire floor • Number of suspects, if more than one • Physical description of suspect/s • Number and type of weapons held by the suspect/s • Number of potential victims in the location 	<p>An active shooter may be a current or former employee. Alert your Chain of Command if you believe an employee exhibits potentially violent behavior. Indicators of potentially violent behavior may include one or more of the following:</p> <ul style="list-style-type: none"> • Increased use of alcohol and/or illegal drugs • Unexplained absence to, absence from, and/or irregular physical appearance • Depression/Withdrawal • Increased verbal threat, rage, and seriously hostile or confrontational responses • Increasingly talks of problems at home • Increased or unexplained possession of firearms, knives, and other dangerous weapons and related objects

HEALTHY TEAM COOK OFF



BEFORE AND AFTER PHOTOS



MAKING HEALTHY CHOICES EASIER



STRESS REDUCTION

Therapy



Art Classes



NUTRITION EDUCATION

- Clean eating



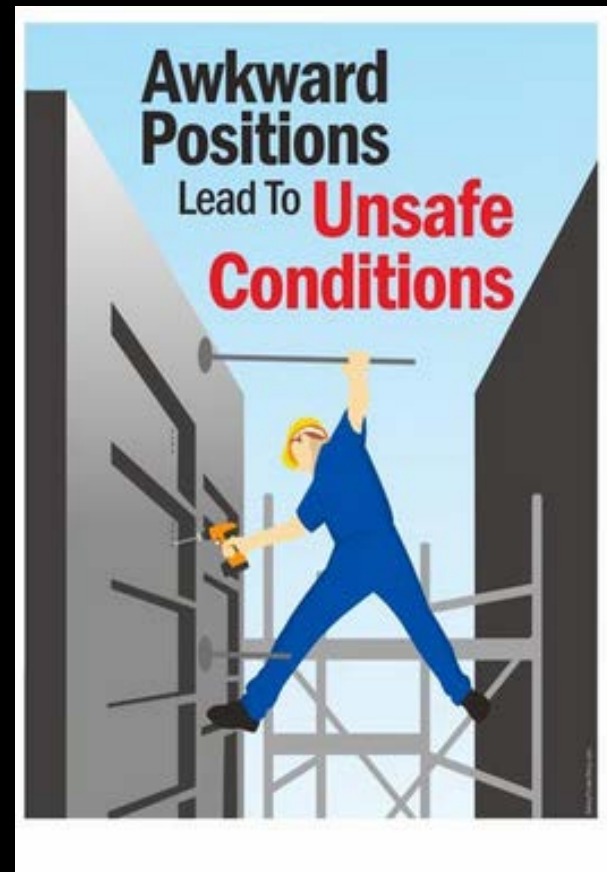
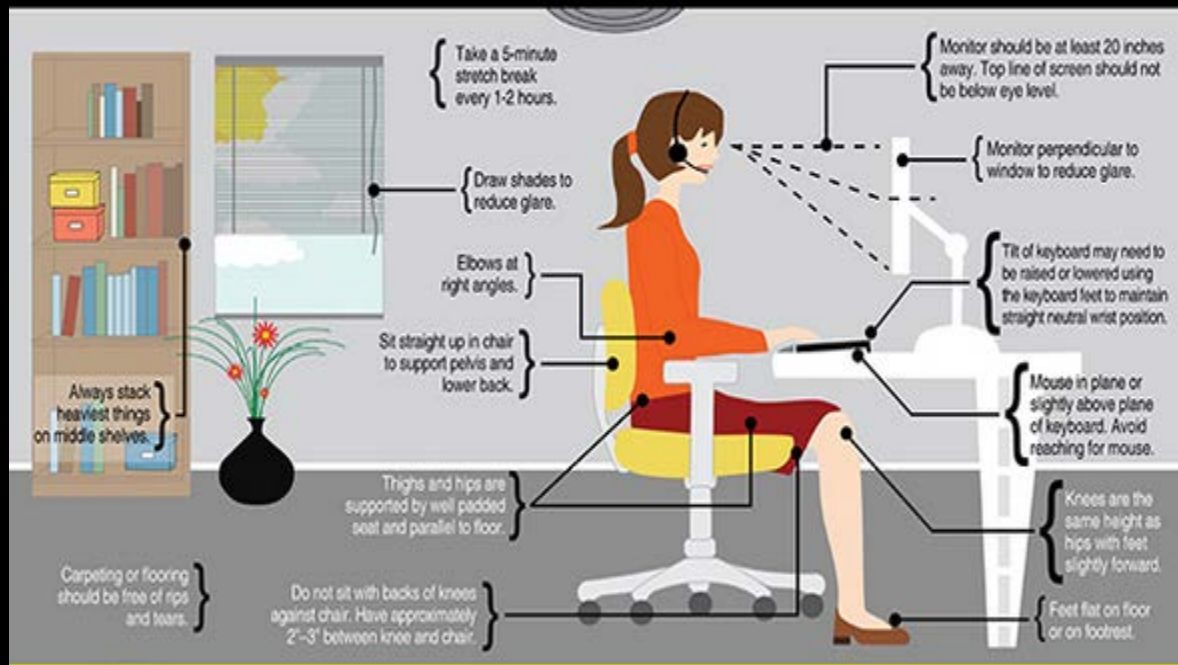
EXERCISE EDUCATION



WORKPLACE ERGONOMICS

Your Body at Work: Make Yourself Comfortable

Please note these are general guidelines. Everyone's ergonomic needs are different. If you experience any problems you should report these to your supervisor.



SIGNAGE AND CHARTS



EXPENSE JUSTIFICATION- EMPLOYEE HEALTH AND SAFETY ARE DIRECTLY RELATED

Healthy employees cost the organization less money because they experience less accidents, illnesses, and recover faster when they do have an accident or illness!

Less meds too!



PSYCHOLOGY OF WEIGHT LOSS

- Mind Shift- **Fear**



MY PERSONAL NOTE



Houston Obesity
4009 Bellaire Blvd.
Suite K
Houston, TX 77025
713-661-6262

MY RESULTS

262LBS VS. 220 IN 7 MONTHS

BLOOD PRESSURE, CHOLESTEROL DOWN



WHERE TO BEGIN?

What is costing money to the organization in regard to employee health and safety?

What are the obvious employee health issues?

What type of injuries are we experiencing?

What do most people eat?

What are we feeding them? Meetings, lunches, vending

Do they exercise at work? Cube dwellers?

What are they interested in changing?

Where are employees getting hurt?

What about ergonomics?

Survey and analyze your workforce!!!