

2016 Workplace Resolution Essentials

[January Calendar](#)

[February Calendar](#)

[Customizable Calendar](#)

[CDC ScoreCard](#)

[Total Worker Health® Video Essentials](#)

Total Worker Health® Resolutions

General Safety & Health

- Check CDC Worksite Health ScoreCard
- Review health insurance claims
- Review absentee claims
- Review employee assistance programs
- Use your suggestion box to encourage participation from employees
- Hold a monthly lunch-n-learn
- Provide a First Aid, CPR & AED training to employees
- Include safety trainings and encourage health assessments with new hires

Safety

- Review 2015 workers' compensation data
- Review your emergency action plan
- Practice your emergency action plan
- Check for icy spots by entrances and stairs
- Look for slips, trips, and falls hazards
- Encourage proper ladder use
- Implement a policy that restricts cellphone use while driving
- Check equipment cords
- Exercise caution when using space heaters
- Check fire detectors and hold a fire extinguisher training
- Install or check carbon monoxide detectors

Health

- Hold standing meetings
- Serve fresh fruit or other healthy snacks at meetings
- Review vending machine options
- Install hydration stations
- Host a stress management workshop
- Adopt a clean air policy
- Test your worksite for radon
- Provide a clean and private lactation room for new mothers