

---

DEPARTMENT OF INDUSTRIAL RELATIONS  
**COMMISSION ON HEALTH AND SAFETY AND  
WORKERS' COMPENSATION**

1515 Clay Street, Room 901  
Oakland, CA 94612  
Telephone: (510) 622-3959  
Fax: (510) 622-3265  
Email: [CHSWC@dir.ca.gov](mailto:CHSWC@dir.ca.gov)  
Website: [www.dir.ca.gov/chswc](http://www.dir.ca.gov/chswc)



September 20, 2010

To All Interested Parties,

As part of its mandate to examine the health and safety and workers' compensation systems, the California Commission on Health and Safety and Workers' Compensation (CHSWC) is committed to ensuring that wellness and occupational health and safety programs work together to help improve the health and safety of workers and productivity for employers in California.

The Commission is pleased to issue *The Whole Worker: Guidelines for Integrating Occupational Health and Safety with Workplace Wellness Programs*. This booklet is part of the Commission's Worker Occupational Safety and Health Education and Training Program (WOSHTEP), a statewide initiative to provide injury and illness prevention training and information to workers and employers in California.

The booklet was developed from the recommendations of a diverse group of health and safety professionals from many states who met to discuss guidelines and educational materials for integrating occupational safety and health with workplace health promotion programs. Participants emphasized that evidence suggests that wellness programs may have a greater chance of success if integration with occupational health and safety efforts is a priority.

The booklet was designed to:

- Develop a general understanding of what constitutes an integrated approach to health promotion and occupational health and safety programs.
- Explore barriers to integration of workplace health promotion and workplace health and safety programs.
- Identify strategies for overcoming challenges to integration of programs.
- Identify resources for promoting programs that address worker health in a holistic fashion.

Information about *The Whole Worker: Guidelines for Integrating Occupational Health and Safety Programs with Workplace Wellness Programs* and CHSWC is available at [www.dir.ca.gov/chswc](http://www.dir.ca.gov/chswc) and by writing to the Commission on Health and Safety and Workers' Compensation, 1515 Clay Street, Room 901, Oakland, CA 94612, by calling (510) 622-3959, by faxing a request to (510) 622-3265, or by emailing [chswc@dir.ca.gov](mailto:chswc@dir.ca.gov).

Sincerely,

Christine Baker  
Executive Officer