

Healthcare Integration for Total Worker Health

Integrating healthcare to elevate worker
health and well-being

American Industrial Hygiene Association



Industrial Hygiene and Workplace Healthcare

Workplace healthcare today goes beyond treating illness. It aims to improve overall worker health and well-being, covering both physical and mental health and promoting healthy lifestyles.

The industrial hygienist is central to that shift, identifying and mitigating workplace hazards before they become health problems. It is a contribution that creates a healthier, more productive workforce and, with it, a more successful organization.



The Keystone of Worker Health

ACCESS

Quality healthcare is essential: it must be continuous, comprehensive, and above all, accessible. Disparities in health insurance and gaps in preventive care are not just policy issues; they affect real lives and real productivity. Affordable healthcare lifts the burden of financial strain, and accessible services ensure every employee can get care when it is needed.

PREVENTION

Where occupational hazards exist, chronic disease prevention and management become a workplace priority. Environmental exposures at work contribute to chronic conditions, and industrial hygiene professionals can play a pivotal role in prevention. Education, awareness, and integrated care are key to managing these challenges.

The High Cost of Workplace Stress

Preventable chronic conditions are a major driver of health insurance premiums and employee medical claims. Work stress is the leading workplace health problem and a major occupational health risk.



4

 of the 10

most costly health conditions for US employers are related to heart disease and stroke.

Angina pectoris (chest pain)

High blood pressure

Diabetes

Heart attack

Mitigating Long-Term Health Risks

Workplaces can run health promotion and chronic disease prevention programs that reduce the burden of chronic disease on workers and businesses alike.

Industrial hygiene professionals are central to preventing and managing chronic disease at work. Through education, awareness, and integrated care, workplaces can build a healthier environment and reduce the costs that come with chronic conditions.

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- 01 Health screenings
 - 02 Tobacco cessation support
 - 03 Healthy food choices
 - 04 Weight management
 - 05 Active breaks for exercise
-

Combating Workplace Substance Use Disorders

01

Rising Impact

Substance use increases absenteeism and healthcare costs, affecting both productivity and safety.

02

EAPs to the Rescue

Employee Assistance Programs offer vital services, from preventive care to tailored treatment referrals.

03

Recovery Path

EAPs enable early detection and counseling, supporting personal and organizational health.

04

Beyond Treatment

Comprehensive EAPs assist with behavioral interventions that improve workplace well-being.

Professional Collaboration for Workplace Health

Teamwork in Health

Health outcomes improve with a team approach that combines healthcare and IH professionals.

Leadership & Culture

Cultures of mutual care and pride in the workplace stem from heartfelt leadership.

Safety Performance

Team-based cultures report top-tier safety performance and worker well-being.

Well-being at Work

Worker engagement is linked to lower rates of occupational injuries and diseases.

Roles for IH Leaders

IH professionals have opportunities to lead and shape health outcomes in the workplace.



Work Breaks and Stress Management



01

Effective Break Scheduling

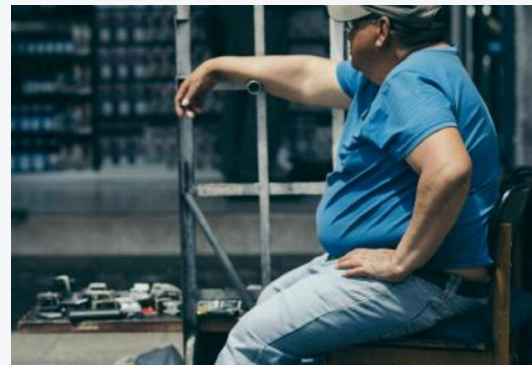
Institute 15-minute breaks every four hours, alongside lunch breaks, to limit occupational exposure and aid recovery.



02

Robust Workplace Resources

Build and maintain deep resources for hazard control and healthy workplace design, drawing on IH expertise.



03

Combating Fatigue & Stress

Put strategies in place to prevent burnout, manage fatigue, and support mental health in and out of the workplace.

Job Quality and Workload Management

IH professionals understand that job quality — fair wages, good working conditions, benefits, career progression, and a positive workplace culture — is closely linked to occupational health.

Workload matters too. Too much or too little can lead to workplace stress and mental health challenges. By shaping work design and hazard management, IH professionals help ensure that job quality and quantity support psychological well-being as well as physical well-being, fostering a healthier and more productive workplace.

QUALITY

What the job is like

QUANTITY

How much of it there is

IH Steps Towards Preventive Healthcare

01

Anticipation

02

Recognition

03

Evaluation

04

Control

05

Confirmation

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Industrial Hygiene's Role in Reducing Healthcare Costs

Industrial hygiene practices weave together workplace safety and health care, focusing on preventive measures that improve employee well-being while trimming healthcare costs for employers and employees alike.

By identifying and mitigating hazards proactively, IH experts cultivate a safer working environment and contribute to a more sustainable healthcare system. The approach protects the workforce from immediate risks and underpins a culture of sustained health, leading to reduced medical claims and a workforce that is both healthier and more economically resilient.

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Paving the Way for Workplace Well-being and Prosperity

The integration of IH principles is not just a strategy for risk reduction. It is a commitment to the long-term prosperity and health of every individual in the workforce. Together, let's build a future where workplace health is a priority and every employee thrives.

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PHOTOS

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PHONE

(410) 584-1954

EMAIL

infonet@aiha.org

WEBSITE

aiha.org

ADDRESS

3120 Fairview Park
Drive, Falls Church, VA
22042, United States