

KENT ANGER

Demonstration of BeSuper Toolkit for Supervisors in Construction

A 14-week Total Worker Health® (TWH) intervention for construction crews was comprised of computer-based training and self-monitoring activities on team building, work-life balance, and reinforcing targeted behaviors for supervisors, as well scripted safety and health education completed by supervisors and employees in small groups with practice activities. The intervention completed by 35 participants led to significant ($P < 0.05$) improvements in family-supportive supervisory behaviors (reported by supervisors), frequency of exercising 30minutes/day and muscle toning exercise, family and coworker healthy diet support, team cohesion, reduced sugary snacks and drinks, sleep duration, and objectively-measured systolic blood pressure. The intervention was converted into a toolkit for a turnkey activity that organizations could adopt and apply without help through user guides, video descriptions and templates. Discussion will focus on the results, the development of the toolkit, and packaging it for distribution.