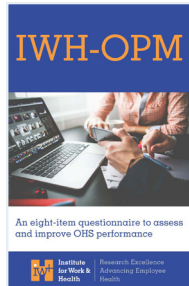


# Putting IWH research to work

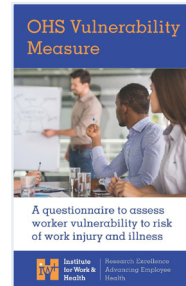
Incorporate evidence-based policies and practices into your occupational health and safety (OHS), return-to-work (RTW), rehabilitation and treatment programs with tools, guidelines and information from the Institute for Work & Health (IWH).



## Institute for Work & Health Organizational Performance Metric

The IWH-OPM is an eight-item leading indicator tool that allows organizations to quickly assess their health and safety performance. Questionnaire scores point to OHS program areas where policy and practice improvements will likely prevent injuries and illnesses down the road.

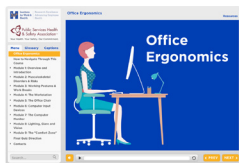
[www.iwh.on.ca/iwh-opm](http://www.iwh.on.ca/iwh-opm)



## OHS Vulnerability Measure

This 27-item measure allows workplaces to identify areas of worker vulnerability to OHS risk that, if addressed, are expected to bring down work-related injuries and illnesses. The tool, when administered before and after, can also help assess if a new OHS program has successfully reduced vulnerability.

[www.iwh.on.ca/ohs-vulnerability-measure](http://www.iwh.on.ca/ohs-vulnerability-measure)



## eOfficeErgo: Online Ergonomics Training

This evidence-based and standard-compliant online training program is designed for employees who regularly use computers on the job. Through nine interactive, self-paced modules, employees learn how to apply ergonomic strategies to help ensure they are working in a healthy computing environment.

[www.iwh.on.ca/eofficeergo](http://www.iwh.on.ca/eofficeergo)



## Reducing MSD Hazards in the Workplace: A Guide to Successful Participatory Ergonomics Programs

In participatory ergonomics (PE) programs, workers, supervisors and other workplace parties jointly identify and address work-related hazards. This booklet outlines six key steps that have been shown to contribute to the success of a PE program in reducing low-back injuries and other musculoskeletal disorders.

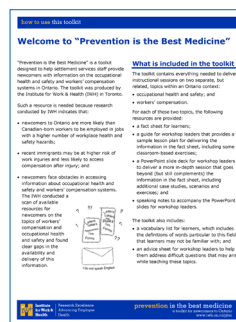
[www.iwh.on.ca/pe-guide](http://www.iwh.on.ca/pe-guide)



## Breakthrough Change Case Study Series

Each of the four case studies in this series tells the story of a firm that turned around a poor occupational health and safety record, illustrating the factors critical to success. The cases provide a starting point for brainstorming in management teams, OHS departments and joint OHS committees.

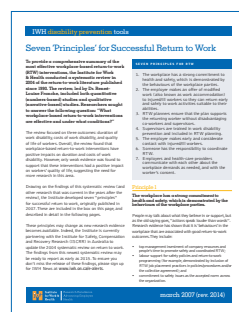
[www.iwh.on.ca/btc-case-study-series](http://www.iwh.on.ca/btc-case-study-series)



## Prevention is the Best Medicine

This toolkit is designed to teach newcomers to Ontario about their occupational health and safety and workers' compensation rights and responsibilities. It contains everything needed to deliver instructional sessions on these two topics, including sample lesson plans, slide show presentations and handouts for participating newcomers.

[www.iwh.on.ca/pbm](http://www.iwh.on.ca/pbm)



## Seven Principles for Successful RTW

What do employers need to do to help ensure workers successfully return to work after an injury or illness? This fact sheet has the answers. It identifies seven practices that research has shown contribute to a successful return to work.

[www.iwh.on.ca/seven-principles-for-rtw](http://www.iwh.on.ca/seven-principles-for-rtw)



## Red Flags/Green Lights: A Guide to Identifying and Solving Return-to-Work Problems

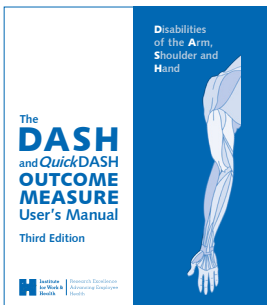
When problems arise that complicate the recovery and return to work of an injured worker, this guide may help. It presents warning signs of potential problems (red flags) and helpful practices to address them (green lights) in four areas: work, vocational rehabilitation, health and claims.

[www.iwh.on.ca/rtw-problems-guide](http://www.iwh.on.ca/rtw-problems-guide)



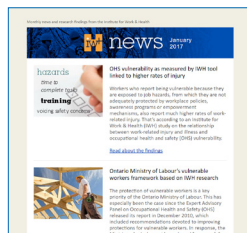
## Health & Safety Smart Planner

This software tool calculates the costs and benefits of workplace health and safety initiatives, making it particularly useful for planning and decision-making. [www.iwh.on.ca/smart-planner](http://www.iwh.on.ca/smart-planner)



## DASH (Disabilities of the Arm, Shoulder and Hand) Outcome Measure

The most popular clinical tool developed by Institute researchers, this outcome measure is a 30-item, self-report questionnaire that measures physical function and symptoms in people with musculoskeletal disorders of the upper limb. The tool—also available as an iPad app—gives clinicians a single, reliable instrument that can be used to assess any or all joints in the upper extremity. [www.dash.iwh.on.ca](http://www.dash.iwh.on.ca)



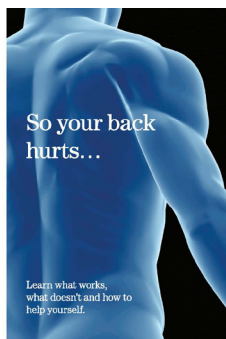
## IWH News

*IWH News*, a monthly e-alert, is the best way to keep on top of the Institute's latest work injury and disability prevention research findings, publications, events, tools, scientist achievements and more. [www.iwh.on.ca/iwh-news](http://www.iwh.on.ca/iwh-news)



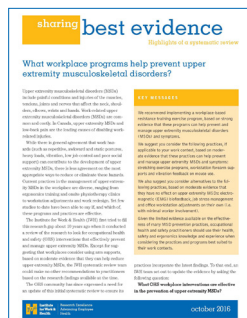
## Opioid Manager

This point-of-care tool—also available as an iPad and iPhone app—is designed to help health-care providers prescribe opioids safely and effectively to patients with chronic, non-cancer pain. Available in English, French, Spanish and Portuguese. [www.iwh.on.ca/opioid-use-guideline](http://www.iwh.on.ca/opioid-use-guideline)



## So Your Back Hurts ...

This evidence-based booklet contains information for patients and workers on how to manage and live with acute (short-term) low-back pain. The booklet is part of the Physicians' Network Tool Kit designed to help physicians diagnose, treat and manage both acute and chronic (long-term) low-back pain. [www.iwh.on.ca/so-your-back-hurts](http://www.iwh.on.ca/so-your-back-hurts)



## Sharing Best Evidence

Each issue of *Sharing Best Evidence* provides a quick overview of what the research says on a specific OHS or RTW issue. Based on systematic reviews by IWH, each report summarizes the findings from better quality studies that help answer a particular question—and suggests how to use these findings in the real world of work. [www.iwh.on.ca/sharing-best-evidence](http://www.iwh.on.ca/sharing-best-evidence)



## At Work

A quarterly newsletter, *At Work* provides lively and easy-to-read articles on IWH's latest research findings. It focuses on injury prevention, return to work, workers' compensation policies and other information that affects workers and informs workplace decision-makers. [www.iwh.on.ca/at-work](http://www.iwh.on.ca/at-work)



## Issue Briefing

Using findings from IWH and elsewhere, *Issue Briefing* summarizes, in plain language, research on topics of interest to policy-makers in health, safety, disability and/or workers' compensation. Where appropriate, the newsletter also explores the policy implications of the research. [www.iwh.on.ca/issue-briefings](http://www.iwh.on.ca/issue-briefings)

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Research Excellence  
Advancing Employee Health

The Institute for Work & Health is an independent, not-for-profit research organization that promotes, protects and improves the safety and health of working people by conducting actionable research that is valued by employers, workers and policy-makers.

The Institute for Work & Health operates with support from the Province of Ontario.

For more information, please contact: [info@iwh.on.ca](mailto:info@iwh.on.ca)

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