

Learning Guide: Health and Wellness



Whether you have 5 minutes or 5 hours, online courses, videos, reference material and books are available to you online 24 hours a day on SkillSoft, the CU learning management system.

If you have less than an hour:

Short on time for learning? Try out these resources for quick information.



Watch a short video

Handle Stress with SOS. By Beverly Beuermann-King. A three step process to use when handling stress. Duration: 2 minutes.

Business Exploration Series

Provides scenario-based learning, with real-world situations.

Devising an Effective Corporate Wellness Program. Examine the six-step approach for designing a workable wellness program. Duration: 5 minutes. [Find it in SkillSoft by searching for: _pc_bi_hrbi009]

SkillSoft Simulations

In these simulations, your decisions have a direct impact on the events and result in realistic workplace consequences.



Balancing Your Responsibilities Simulation. For individuals who want to balance their work and life responsibilities. [Find it in SkillSoft by searching for: PD006A]

Accident Investigation and Reporting Simulation. For supervisors, team members and employees involved in an accident investigation. [Find it in SkillSoft by searching for: SAH0400]

SkillSoft printable resources

These include summaries, key points and checklists.



SkillBriefs

Employee Health
Benefits Programs



Job Aids

Occupational Health and Safety:
Sources of Information
Organizational Safeguards Guidelines



1-Hour Courseware

Find it in SkillSoft under Catalog > 1 Hour Courseware
Industry Foundations Curriculum



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If you have more than an hour:

Take a SkillSoft course



FMLA Leave and More: An Overview of Legally Protected Leave. An explanation of when employee leave is allowed under the Family and Medical Leave Act. Duration: 0.5 hours. [Find it in SkillSoft by searching for: lchr_01_a73_lc_enus]

Risk Management: Workplace Safety, Security, and Privacy. An examination of various aspects of employee safety issues, programs, health hazards, employee assistance and wellness programs, security risk analysis, and privacy issues. Duration: 1.0 hours. [Find it in SkillSoft by searching for: hr_15_a02_bs_enus]

Environmental, Safety and Health, and Transportation Curricula

Find it in SkillSoft under Catalog > Environmental, Safety and Health, and Transportation Curricula

- Environmental, Safety & Health, and Transportation
 - Safety and Health

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Creating Healthy Workplaces: Stress Reduction, Improved Well-being, and Organizational Effectiveness. By Caroline Biron, Ronald J. Burke and Cary L. Cooper. Ashgate Publishing Copyright Caroline Biron, Ronald J. Burke and Cary L. Copper © 2014. This book aims to help reduce stress and improve the mental and physical health of employees through positive change initiatives. (384 pages)

Workplace Safety Pro: You're A to Z Guide to a Complete Safety Program. By J.J. Keller & Associates, Inc. Copyright J.J. Keller & Associates, Inc. © 2008. Whether it's your first year on the job or your 20th, this handy resource outlines the goals and objectives of a workplace safety program, and provides the blueprint for building it. (1,336 pages)

Employment Law Essentials: You're A to Z Guide to HR Compliance. By J.J. Keller & Associates, Inc. Copyright J.J. Keller & Associates, Inc. © 2012. This guide puts employment laws in one easy-to-find location and provides practical guidance on how to apply employment laws in your workplace. ((996 pages)

Access these materials:

You can find all the materials featured in this learning guide in SkillSoft.

Here's how to access them:

1. Log-on to your CU campus portal (my.cu.edu) and click on the **CU Resources tab**.
2. Select **Training**.
3. Select **Start SkillSoft**. SkillSoft will open in a separate window.



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