

What are our priorities?

The National Institute for Occupational Safety and Health (NIOSH) Healthy Work Design and Well-Being Program seeks to improve the design of work, work environments, and management practices in order to advance worker safety, health, and well-being. The program works with partners in industry, labor, trade associations, professional organizations, and academia to accomplish its goals. Current priorities include:

- Improving the [organization of work](#) in order to reduce job stress.
- Advancing the safety and health of workers in non-standard work arrangements, such as temporary agency, contract, and gig arrangements.
- Protecting workers from the adverse health and safety consequences of shift work, long work hour schedules, and other factors that contribute to work-related fatigue.

What do we do?

- Explore the safety and health effects of work organization and the external factors (including legal, technological, and economic) that influence how work is organized.
- Identify the economic factors that affect worker safety, health, and well-being.
- Design workplace interventions that minimize the harmful physical and emotional responses that occur when job demands cannot be met (also known as [job stress](#)).
- Focus research on the association between work arrangements and worker stress, health, and health-related quality of life (HRQL).
- Identify cost-effective interventions that can be implemented by organizations and society overall to reduce the adverse impact of work arrangement-related stressors.
- Promote evidence-based, comprehensive approaches to advance worker well-being, including [Total Worker Health](#)®.

What have we accomplished?

- Completed the fifth administration of the [NIOSH Quality of WorkLife survey](#), which gathers data from a nationally representative sample of employed adults in order to track changes in the organization of work and understand the impacts those changes have on worker health, safety, and well-being.
- Delivered [international presentations](#) on the association between precarious employment and workplace mistreatment, including harassment and discrimination at the 11th International Conference on Workplace Bullying and Harassment.
- Published a [comprehensive set of recommendations to reduce fatigue](#) associated with sleep deficiency and work hours in nursing through a collaboration with the American Academy of Nursing.
- Developed a [suite of resources](#) that addresses the “full lifecycle” of the opioid crisis through the lens of industry, occupation, and other work-related factors and provides actionable information and recommendations for workers and employers as they face the opioid overdose epidemic together.

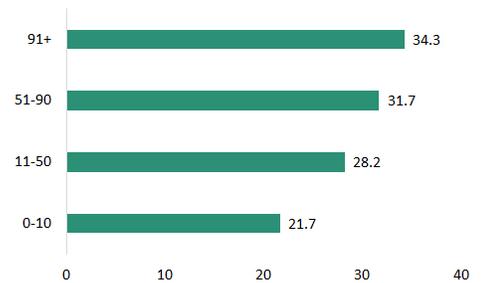
What's next?

- Publish guidance on organizational approaches for designing, implementing, and evaluating policies, programs, and practices that comprehensively address worker safety and health.
- Co-sponsor and co-convene the 13th [International Conference on Occupational Stress and Health](#) with the American Psychological Association. The conference theme is, *Work, Stress, and Health 2019: What does the Future Hold?*.
- Disseminate a framework that informs the design of healthy work by describing the population, societal, market, organizational, job, and individual factors that influence well-being.
- Identify gaps and needs surrounding working hours, sleep, and fatigue among US industries by co-hosting a satellite meeting of experts at the [24th International Symposium of Shiftwork and Working Time](#).

At-A-Glance

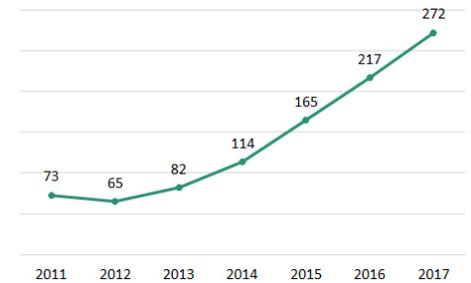
The NIOSH Healthy Work Design and Well-Being Program seeks to improve the design of work, work environments, management practices, and organizational policies in order to advance worker safety, health, and well-being. This snapshot shows recent accomplishments and upcoming work.

Percent of employees who find work frequently stressful, by % of work time spent using electronic technologies



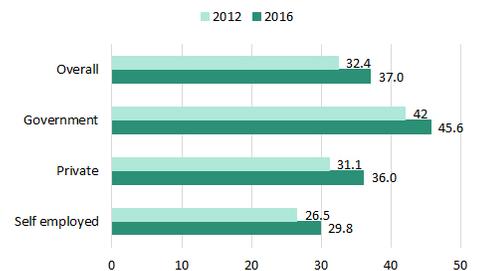
Source: NIOSH Quality of WorkLife survey, 2002-2014

Number of fatal occupational injuries due to unintentional overdose during nonmedical use of drugs or alcohol



Source: Bureau of Labor Statistics Census of Fatal Occupational Injuries, 2018

Percent of workers in different arrangements who are satisfied with their jobs



Source: National Health Interview Survey, 2012 and 2016

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www.cdc.gov/niosh/programs/hwd

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