

Resources for Leadership Competency L-15: Staff Wellness

Resources throughout the module:

[Major Occupational Health Hazards](#)

[1.7.0.1: Pre-Employment and Ongoing Adult Health Appraisals, Including Immunization](#)

[7.2.0.3: Immunization of Caregivers/Teachers](#)

[Recommended Adult Immunization Schedule for ages 19 years or older, United States, 2019](#)

[3.6.1.2: Staff Exclusion for Illness](#)

[3.2.2.2: Handwashing Procedure](#)

[5.2.1.1: Ensuring Access to Fresh Air Indoors](#)

[3.2.3.4: Prevention of Exposure to Blood and Body Fluids](#)

[Reproductive Health and the Workplace](#)

[Worksite Physical Activity](#)

[I am Moving, I am Learning](#)

[5.3.1.7: Facility Arrangements to Minimize Back Injuries](#)

[How to Quit Smoking](#)

[The Mental Health Consultation Tool](#)

- If you have 10 minutes, review: *Caring for Our Children Standards* related to [Staff Health](#)
- If you have 30 minutes, review: Resources from Center for Early Childhood Mental Health Consultation on [Taking Care of Ourselves: Stress and Relaxation](#)
- If you have 1 hour, explore: The Centers for Disease Control and Prevention (CDC) [Workplace Health Promotion](#) website and use the [Worksite Health ScoreCard](#)

For ongoing conversation and resources related to Staff Wellness, join the [Staff Wellness Community](#) on MyPeers. If you are not a member, join [MyPeers](#).

Additional Resources

[Action for Happiness Monthly Action Calendars](#)

[Child Care Staff Health Assessment](#)

[Essential Elements of Effective Workplace Programs and Policies for Improving Worker Health and Wellbeing](#)

[Healthy Workplaces: A WHO Global Model for Action](#)

[Indoor Air Quality](#) (English and Spanish)

[Lifting and Bending the Right Way](#)

[Mindfulness: A Resilience Practice](#) (Video)

[The Physical and Mental Health of Head Start Staff: The Pennsylvania Head Start Staff Wellness Survey, 2012](#)

[Prevent Seasonal Flu](#)

[Promoting Organizational and Staff Wellness](#) (Video)

[Standard and Universal Precautions in the Child Care Setting](#) (English and Spanish)

[Workplace Wellness](#)