

# BE A UBT HEALTH & SAFETY CHAMPION!



**LM<sup>P</sup>** LABOR MANAGEMENT  
PARTNERSHIP

Every UBT needs a Health & Safety Champion to support Kaiser Permanente and the Coalition of Kaiser Permanente Unions' commitment to a safe, healthy and vibrant workplace. **Are you a champion?**

## Why should you be your UBT's Health & Safety Champion?

- + Have fun!
- + Help your team improve health and safety
- + Build your leadership skills
- + Have access to great tools and resources
- + Make a difference
- + Be a role model for our members

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## Your mission, if you choose to accept it:

- + Use great tools to organize quick, simple, fun monthly team activities (such as a salad potluck, safety walk or Instant Recess®)
- + Deliver a health or safety message in your huddle or UBT meeting
- + Support UBT health and safety improvement projects, and remind your team to consider health and safety on all projects
- + Participate in monthly call-ins with other champions to get great ideas, tools and support, and provide feedback on what's working
- + Spread health and wellness communications

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### Who can do this role?

- + Any UBT member who is not a team co-lead is eligible. Champions should be committed to health and safety, energetic and able to motivate and influence teammates

### How can I participate?

- + Let your UBT co-leads know you're interested in being a champion or encourage a colleague to volunteer
- + Once you are selected, have your co-leads enter your name into UBT Tracker, so you can begin receiving champion materials and information

