



UBT HEALTH AND SAFETY CHAMPIONS QUICK REFERENCE GUIDE

An overview of the Path to Performance levels for the UBT Health and Safety Champion role

LEVEL	DESCRIPTION	EXAMPLES
1 	Champion is identified	<ul style="list-style-type: none"> » Identify the health and safety champion in UBT Tracker. » Connect the champion with a representative group or unit-based team. The champion attends and participates in UBT meetings to support collaboration with team members.
2* 	Champion completes orientation training	Connect with the appropriate regional lead to complete the Health and Safety Champion orientation training, which covers roles and responsibilities, health and safety activities, and resources.
3* 	Champion completes at least 2 of the 12 monthly suggested health and/or safety activities	<ul style="list-style-type: none"> » Visit lmpartnership.org/hschampions to find team-based monthly activity ideas. » Attend a monthly, interactive tele-town hall event to learn about activity ideas and tips from experts across the program and share them with your UBT. » Promote a Go KP campaign (e.g., Pound for Pound, Summer Games, How I Thrive, etc.) or other local health and well-being activities with your UBT.
4* 	Team completes a well-being project with successful rating (per SMART goals in UBT Tracker)	<p>To support a culture of health, well-being, and safety, the UBT must complete a SMART goal with at least a “successful” rating. Suggested projects include:</p> <ul style="list-style-type: none"> » increasing the number of days per week a UBT participates in Instant Recess or a One-Moment Meditation during team huddles » engaging in a healthy eating challenge or reducing/maintaining body mass index » participating in a Go KP or local health and well-being campaign as a team goal » conducting posture checks or practicing stretch breaks » increasing the number of hazards identified and resolved by the UBT
5 	Team establishes a sustainable culture of safety and health	<p>The UBT must demonstrate sustained performance in culture of health, well-being, and safety SMART goals, which can include:</p> <ul style="list-style-type: none"> » achieving an improved rating on a health and/or safety project that was previously completed » establishing a healthy snack/lunch environment (e.g., avoiding sweets, sugar-sweetened beverages, high calorie items, etc.) when sharing food in department spaces » designating an extra office or workspace for mindfulness, quiet time, and/or stress reduction activities » increasing the number of team members who use performance improvement tools (such as Safety Walks, Hazard Walks or risk assessments) to identify workplace safety hazards

* Enhancements made to the Path to Performance as of 2018 Alliance National Agreement.