

Staying Healthy in a Changing Environment

Course Outline – All Employees

Module	Learning Objectives	# of Customizable Pages
Introduction	<ul style="list-style-type: none">• Understand how to successfully navigate and complete the course.	3
COVID-19 Basics	<ul style="list-style-type: none">• Understand what COVID-19 is and how it can be contracted.• Recall strategies to protect oneself and others from contracting COVID-19.• Apply strategies to protect oneself and others from contracting COVID-19.	4
Mental Wellness	<ul style="list-style-type: none">• Identify stressors in their lives.• Recall strategies to manage stress and mental wellbeing.• Apply strategies to manage stress that align with their individual needs.	2

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Working in this New Environment	<ul style="list-style-type: none">• Apply strategies to work from home successfully.• Use strategies to request accommodations.• Recall ways to create an equitable working environment for both in-person and remote employees.• Report unsafe behaviors observed in the workplace.	3
Returning to the Workplace	<ul style="list-style-type: none">• Learners will apply strategies to safely return to the in-person workplace.• Apply safety best practices to keep yourself and other employees safe.• Stay home if you show symptoms of illness.• Take action if you see others showing unsafe, discriminatory, or harassing behavior.	3
Conclusion	<ul style="list-style-type: none">• Successfully complete the course.	2