

# Staying Healthy in a Changing Environment

## Course Outline – All Employees

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

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