

Module Outline

Understanding Health, Wellness, and Safety

The chart below outlines the content of the Understanding Health, Wellness, and Safety module. Each topic represents a lesson of instructional and engaging content.

Topic	Title	Essential Questions
Topic 1	Your Physical Health	<ol style="list-style-type: none"> 1. What are the different types of health indicators? 2. What are short-, medium-, and long-term fitness goals? 3. How can you include physical activity into your daily life?
Topic 2	Healthy Habits	<ol style="list-style-type: none"> 1. What are healthy eating habits? 2. What are other healthy habits, and what are unhealthy habits?
Topic 3	Your Mental Wellness	<ol style="list-style-type: none"> 1. What is stress, and how does it affect you? 2. What are some stress-coping strategies?
Topic 4	Safety Laws and Organizations	<ol style="list-style-type: none"> 1. What is OSHA? 2. What organizations help keep you safe at work? 3. What are the important laws related to workplace safety? 4. What is the purpose of the Americans with Disabilities Act (ADA)? 5. What are accommodations in the workplace?
Topic 5	First Aid and Reporting Accidents	<ol style="list-style-type: none"> 1. What are common first aid supplies? 2. What are the basic first aid procedures? 3. Why is it important to report workplace accidents?
Topic 6	Preventative Safety in the Workplace	<ol style="list-style-type: none"> 1. What are workplace hazards? 2. How can safety apparel and equipment protect you in the workplace? 3. What is ergonomics? 4. How can personal hygiene help prevent communicable diseases?