Total Worker Health

The Need for Worksite Wellness Programs in Kentucky

Benefits to Employers
• Reduced healthcare costs
• Decreased rates of injury and illness
• Reduced employee absenteeism
• Increased productivity
• Increased employee retention

Benefits to Employees
• Reduced risk of personal injury
• Weight reduction
• Improved physical fitness
• Lower levels of stress
• Increased stamina

Average Amount of Worker's Compensation Benefits Paid per Worker per Year in Kentucky, 2009-2018

Hierarchy of Controls

Kentucky Occupational Safety & Health Surveillance Program, August 2021

Sources: National Academy of Social Insurance; Bureau of Labor Statistics; Kentucky FACE Program; NIOSH