

"For Safety's Sake - Do Something"

Poor Health Can be a Work Hazard



February is American Heart Month

For more information on how to love your heart visit the American Heart Association web page.

<http://www.heart.org/HEARTORG/>

For more information on the benefits of healthy employees, and more, visit:

CDC - Healthy Workforce

<http://www.cdcfoundation.org/businesspulse/healthy-workforce-infographic>

WHO - Workplace Health Promotion

http://www.who.int/occupational_health/topics/workplace/en/index1.html

Washington Post - A Workout at Work?

<https://www.washingtonpost.com/graphics/health/workout-at-work/>

American Red Cross - Training

<http://www.redcross.org/ux/take-a-class>

NSC - Safety Issues

<http://www.nsc.org/learn/NSC-Initiatives/Pages/safety-issues.aspx>

Health issues can be a safety hazard on the job. You are an integral part of your company's success and you have a responsibility to be "health smart."

Tips to be a healthy and safe employee:

- Exercise
- Stretch
- Eat healthy
- Maintain a healthy weight
- Get plenty of rest
- Get regular check-ups with your doctor
- Remember to take any prescribed medications
- Carry with you any necessary life saving medicine (inhaler, epipen, etc.)
- Understand the environment you work in, and potential hazards that may exist

Ergonomic Health

According to OSHA, Musculoskeletal Disorders (MSDs) are among the most frequently reported causes of lost or restricted time work time.

Examples include carpal tunnel syndrome, tendinitis, rotator cuff injuries (affects the shoulder), epicondylitis (affects the elbow), trigger finger, and muscle strains and lower back injuries.

Work related MSDs can be prevented. Ergonomics (fitting a job to a person) helps lessen muscle fatigue, increases productivity and reduces the number and severity of work-related MSDs. Employees should work closely with Management to identify problems, receive ergonomic training, create and implement solutions, and encourage early reporting of any MSD symptoms (this will help prevent worsening of injury). For detailed information about office ergonomics visit <https://www.osha.gov/SLTC/ergonomics/>