

Hazard Recognition: Over Exertion
Safety Principle #3: All Employees are responsible for safety

Hazard Recognition: Over Exertion						
March 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 A BIG problem?	2 Primary Risk Factors	3 Sprains	4 Avoid awkward postures
5 Stretching	6 Riddle me this #1	7 Strains	8 Common causes	9 Your back	10 Proper Lifting	11 Legs, Arms & Back
12 Injuries by body part	13 Ergonomics Connection	14 Riddle me this #2	15 Bursitis	16 Tendinitis	17 Tennis Elbow	18 Elbow Pain Treatment
19 Tendon & Ligament Foods	20 Using Tools	21 Treating a Sprained ankle	22 Riddle me this #3	23 Fatigue	24 Tips to Avoid	25 Injury Types
26 General Signs	27 Lessons Learned	28 Stretching before Exercise	29 Not Just at Work	30 Workout – Words of Wisdom	31 Forceful Exertions	

Daily Safety and Health Topics

March 2017

Hazard Recognition:

Over Exertion

Entergy's 12 Safety Principles

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



March 1, 2017

Safety Focus

OVER EXERTION – A BIG PROBLEM?

Over exertion injuries typically occur during lifting, lowering, pushing, pulling, holding, carrying or throwing. These activities ranked as the leading cause of workplace injury in 2012, representing 25 percent of the top 10 work hazards in the U.S.

All Employees are responsible for safety

Health Tip of the Day

BREAST CANCER: EARLY DETECTION IS KEY

Breast cancer is the most common type of non-skin cancer among women in the United States. It affects more than 200,000 American women annually. Screening for breast cancer before there are symptoms is important; since it can help doctors find and treat cancer early. Earlier detection often means better treatment options. Talk to your doctor about when to start and how often to screen for breast cancer.

Source: American Cancer Society

Org Health & Diversity Focus

This month's focus is on why civility in the workplace matters. Be sure to check out the presentation, "Civility Matters" on the OH&D website.

Human Performance Focus

PRE-JOB BRIEFS

Over-exertion is unfortunately a fairly common injury for Entergy employees. Include it in your pre-job briefs so that decisions can be made about performing strenuous jobs alone vs. getting additional help or using different tools or methods to make the job easier.

March 2, 2017

Safety Focus

OVER EXERTION – PRIMARY RISK FACTORS

The primary risk factors for over exertion injuries are:

- Forceful exertions
- Awkward postures
- Rapid movements
- Unanticipated muscle loading

All Employees are responsible for safety

Health Tip of the Day

FAST FOOD, FAST CALORIES

Fast food and restaurant meals often contain larger portions and higher amounts of calories, fat, and sodium, all of which can add up quickly. People generally underestimate calories when eating out, and experts believe that frequent eating out can contribute to excess weight. Visit www.choosemyplate.gov and search for "eating foods away from home" to find tips on how to keep your next meal out healthy. Source: U.S. Department of Agriculture

Org Health & Diversity Focus

"Civility costs nothing, and buys everything." Lady Mary Wortley Montagu, English aristocrat & writer

Human Performance Focus

STAR

Prior to performing any strenuous activity: Take the time to Stop, think about the activity you are getting ready to perform. How could it injure you and how could you prevent the injury? Then Act: perform the task. Then review: Go as planned? Is there a better way to do it next time?

March 3, 2017

Safety Focus

SPRAINS

A **sprain** is a stretching or tearing of ligaments – the tough bands of fibrous tissue that connect two bones together in your joints. The most common location for a **sprain** is in your ankle.

All Employees are responsible for safety

Health Tip of the Day

APPEALING EXERCISES: GO SOCIAL

Lack of interest in exercise is a common roadblock for many people, especially older adults and individuals with physical limitations or chronic conditions. To make it more appealing, consider the social aspect of physical activity via group exercise classes. These include tai chi, yoga, Pilates, chair exercise, step aerobics or dance and water aerobics. Look for knowledgeable, certified instructors who make sure the group stays safe while they are having fun! Source: Journal of Applied Sport Psychology

Org Health & Diversity Focus

"Be civil to all, sociable to many, familiar with few, friend to one, enemy to none."
Benjamin Franklin, inventor & founding father of the United States

Human Performance Focus

PEER CHECKING

Peer checking can be done off the job just like on the job. If you are experiencing pain during an exercise, discuss it with a peer and ask them to watch and critique you. You may find out a better, safer or healthier way to do a particular exercise.

March 4, 2017

Safety Focus

AVOID AWKWARD POSTURES

Working in awkward postures can place too much stress on your body parts.

Keep objects close to you

Square your body to the work

Keep your toes pointed in the same direction as your nose

All Employees are responsible for safety

Health Tip of the Day

MARCH IS NATIONAL NUTRITIONAL MONTH

Start with breakfast. Celebrate by making breakfast a part of your family's morning routine. Kids who eat breakfast tend to have healthier diets overall! Source:

<http://extension.oregonstate.edu/growthkc/sites/default/files/5-healthy-family-march.pdf>

Org Health & Diversity Focus

"Civility means a great deal more than just being nice to one another. It is complex and encompasses learning how to connect successfully and live well with others, developing thoughtfulness, and fostering effective self-expression and communication." P.M. Forni, professor, Johns Hopkins University

Human Performance Focus

QUESTIONING ATTITUDE

When performing any task that requires an awkward posture, keep a questioning attitude, since these tasks are common culprits in causing ergonomic injuries. Don't hesitate to stop when you're questioning attitude 'warning bells' start ringing.

March 5, 2017

Safety Focus

STRETCHING

Routine exercise and stretching can help prevent over exertion injuries. Strength training to maintain a strong core can also be beneficial.

All Employees are responsible for safety

Health Tip of the Day

UNSUPPORTIVE SPOUSE

Try having a healthy heart-to-heart talk...

- Make sure your partner is fully aware of your commitment to a healthier lifestyle.
- Tell them what you are trying to do and your reasons for making a change
- Stress how much you would appreciate their help and support

Source: SparkPeople

Org Health & Diversity Focus

Unfortunately civility is hard to codify or legislate, but you know it when you see it. It's possible to disagree without being disagreeable. Sandra Day O'Connor, retired Supreme Court Justice

Human Performance Focus

STRETCHING FOCUS

“I find your lack of flexibility – disturbing.”

- Darth Vader

March 6, 2017

Safety Focus

RIDDLE ME THIS #1

I connect all your bones.....When I'm injured I swell
Then for a long time.....I will hurt you like hell.
If you sprain me, I'm weak.....You may turn black and blue
You'll pray never again.....That I do this to you
What am I?

Answer: Ligaments (Zoom in to see the answer)

Health Tip of the Day

FOOD & SLEEP

Some foods that might help you sleep:

- Light whole wheat pasta with fresh veggies & a chicken breast with tomato sauce and a sprinkle of parmesan
 - This meal contains a combination of protein and tryptophan.

Source: <http://abcnews.go.com/Health/Wellness/tips-best-sleep/story?id=20808284#2>

Org Health & Diversity Focus

“Three things in human life are important: The first is to be kind. The second is to be kind, and the third is to be kind.” Henry James, author

Human Performance Focus

COACHING

Coaching is one of the most important practices associated with good Human Performance. Even if we receive the best classroom training in the world, it will be practice and good coaching that cements those principles into our everyday life.

March 7, 2017

Safety Focus

STRAINS

A **strain** is a stretching or tearing of muscle or tendon. A tendon is a fibrous cord of tissue that connects muscles to bones.

An easy way to remember the difference between strains and sprains is that STRAIN has a “T” in it for “Tendon”.

All Employees are responsible for safety

Health Tip of the Day

COOL DOWN

It is important to cool down after a moderate- to high-intensity exercise session. This prevents sudden pooling of blood in the muscles as well as sudden drops in blood pressure that can lead to dizziness and falls. During the last 5-10 minutes of your workout, gradually decrease your exercise intensity and gently approach your resting heart rate before coming to a complete stop. Source: American College of Sports Medicine

Org Health & Diversity Focus

“Aspire to decency. Practice civility toward one another. Admire and emulate ethical behavior wherever you find it. Apply a rigid standard of morality to your lives; and if, periodically, you fail – as you surely will – adjust your lives, not the standards.” [Ted Koppel](#), news anchor

Human Performance Focus

COACHING II

We must all strive to receive coaching well. Our natural tendency may be defensiveness: “I’m not doing anything wrong...” But a coach’s desire is to help you. They care about you – or they would not be using their time (a precious commodity) to have a discussion with you.

March 8, 2017

Safety Focus

OVER EXERTION – SOME COMMON CAUSES

Excessive work at the workplace

Over exertion during sports or exercise

Slips, trips and falls

Repetitive injuries due to motion control video games like PS3 Move and Wii.

All Employees are responsible for safety

Health Tip of the Day

HAND GELS: A GOOD ALTERNATIVE TO SOAP AND WATER?

Washing your hands with soap and water is one of the best ways to prevent colds, flus, and other infections. But, when soap and water are not available, alcohol-based hand gels that contain at least 60 percent alcohol are a good alternative. They are practical, and you can conveniently throw one in a purse, pocket or lunch bag. Rub the gel on your hands until they are dry. Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

“A talent for forgetting is necessary to maintain civility.” [Matthew De Abaitua](#), author

Human Performance Focus

COACHING III

A great sign of maturity: A person who can humbly give coaching to anyone up or down the chain of command; AND a person who can also humbly receive coaching. The goal: Improve performance.

March 9, 2017

Safety Focus

OVER EXERTION FOCUS – YOUR BACK

Back injuries due to over exertion can be caused by repetitive motions, incorrect lifting, lifting too heavy an object, working in awkward positions or sudden muscle loading (such as a slip, trip or fall). The results can be a strain, sprain or damage to your spinal disk(s)

All Employees are responsible for safety

Health Tip of the Day

IS ROTISSERIE CHICKEN A GOOD CHOICE?

Rotisserie chicken sounds like a good option, but did you know that it is only slightly lower in fat and calories than fried chicken? Removing the skin before eating will eliminate several grams of saturated fat. You can cut calories further by choosing white portions, such as breast meat, over dark meat like legs or thighs. Aim to stick to a 3-ounce portion which is about the size of a deck of cards or an average-size palm. Source: USDA National Nutrient Database

Org Health & Diversity Focus

“Wisdom tells us that the best time for silence is when we are mad or upset.” [John Patrick Hickey](#), leadership coach

Human Performance Focus

COACHING IV

Coaching Fail: “Hey knucklehead! Why you doin’ it like that!?”

Coaching Win: “Hey John, can you stop for a minute? I want to make sure we’re following the right procedure, so can you teach me your process?”

March 10, 2017

Safety Focus

PROPER LIFTING

Over exertion can wreak havoc on your back. Use the BLAST lifting technique to ease the burden on your back muscles, ligaments, tendons and disks.

B – Bow your back in

L – Legs, bend your knees and use your leg muscles for the lift

A – Abdominals, tighten your abs to prepare your core for the lift

S – Slow and Smooth, don't jerk on the object during the lift

T – Twist, never twist your back when lifting.

All Employees are responsible for safety

Health Tip of the Day

BURN CALORIES WITH SNOWSHOEING

Trade your walking shoes or hiking boots for a pair of snowshoes this winter, if there's snow where you live. Snowshoeing is like walking, but it can burn considerably more calories, because you tend to lift your legs higher. A 150-pound person can burn about 380 calories in an hour of moderate snowshoeing, as compared to 250 calories for an hour of walking (at about 3 mph). Give it a try! It's a great, low-impact way to burn calories, fight cabin fever and stay in shape through the winter. Source: Compendium of Physical Activities

Org Health & Diversity Focus

"Every action done in company ought to be with some sign of respect to those that are present." George Washington, 1st president of the United States

Human Performance Focus

BACK INJURY AWARENESS

One frightening study in the UK found 'failed back surgery incidence' to be between 10 and 40%. Yikes! Avoid the surgery by using good work techniques. Proper lifting as described above, plus remaining aware of good posture throughout all work and play activities can prevent the need for surgery. Source: The British Journal of Pain.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590156/>

March 11, 2017

Safety Focus

OVER EXERTION – SYMPTOMS LEGS, ARMS AND BACK

Other signs that may demonstrate severe stress placed on the legs, arms or back:

- weakness;
- stiffness;
- painful/sore muscles;
- sudden tightening of muscles;
- burning sensation;
- muscle is visibly twitching underneath skin;
- limited or complete loss of mobility;
- tenderness; and
- contractures (tightening of tendons, muscles, joints and ligaments).

Keep in mind that sometimes the pain and discomfort will spread to other parts of the body. For instance, over exertion of the arms can affect the shoulders and upper back. Over exertion in the back can spread into the legs.

Health Tip of the Day

Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.

Source: <http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-panel>

Org Health & Diversity Focus

“...a crucial measure of our success in life is the way we treat one another every day of our lives.”
— [P.M. Forni](#), professor, Johns Hopkins University

Human Performance Focus

AWARENESS II

Your Mother was right! You should sit up at the table. (And everywhere else.) Sitting with poor posture (slouching) increases spinal pressure by 15%. (Yes... Doctors have inserted needles into test subject's spinal columns and measured fluid pressure!)

March 12, 2017

Safety Focus

OVER EXERTION INJURIES BY BODY PART:

Back 52%
Shoulder 14%
Trunk 12%
Upper extremities 10%
Multiple/other 7%
Lower Extremities 5%

All Employees are responsible for safety

Health Tip of the Day

STRATEGIES TO MAKE BREAKFAST AN EASY AND DELICIOUS MEALTIME FOR YOUR FAMILY:

1. Ask your kids to create a grocery list filled with healthy breakfast foods that they will eat and enjoy. Stock your refrigerator and pantry with these breakfast items.
2. Encourage healthy morning appetites: make a household rule that limits snacking after dinner. Kids are more likely to be hungry in the morning when they don't eat late at night.
3. Kickstart your day with plenty of rest: establish an earlier bedtime routine that allows your family to wake up refreshed and with plenty of time to enjoy breakfast.

Source: <http://extension.oregonstate.edu/growthkc/sites/default/files/5-healthy-family-march.pdf>

Org Health & Diversity Focus

As citizens we have to be more thoughtful and more educated and more informed. I turn on the TV and I see these grown people screaming at each other, and I think, well, if we don't get our civility back, we're in trouble. Emmylou Harris, American singer/songwriter

Human Performance Focus

AWARENESS III

Many back injuries are related to tasks performed many times in an incorrect manner. This means those injuries are 100% preventable! Discuss body positioning in pre-job briefs, and then be your sister's and brother's keeper to help prevent back injuries!

March 13, 2017

Safety Focus

OVER EXERTION – ERGONOMICS CONNECTION

If work tasks and equipment do not include ergonomic principles in their design, workers may have exposure to undue physical stress, strain, and over exertion, including vibration, awkward postures, forceful exertions, repetitive motion, and heavy lifting. Recognizing ergonomic risk factors in the workplace is an essential first step in correcting hazards and improving worker protection.

All Employees are responsible for safety

Health Tip of the Day

BENEFITS OF SLEEP

- Improves learning & memory
- Positive impacts on metabolism & weight
- Increases safety & performance
- Better mood
- Strengthens immune system
- Reduces stress

Source:: <http://wellness.illinoisstate.edu/living/sleep/>

Org Health & Diversity Focus

Civility is not simply about manners. Jim Leach, academic and politician

Human Performance Focus

PHYSICAL ENVIRONMENT

To help reduce over-exertion injuries, check out your physical environment. Look for opportunities to reduce clutter, move objects in the way, and eliminate or reducing lifting by changing the location of the starting or final resting place of the object lifted.

March 14, 2017

Safety Focus

RIDDLE ME THIS #2

Your muscles are useless.....Without our connections
And you will not show off.....With some muscular flexion
If I'm bruised, strained or torn.....I'll make you pay
With pain in your joint.....For many a day
What am I?

Answer: Tendons (Zoom in to view the answer)

Health Tip of the Day

EVERYDAY STRETCHING

- Stretch regularly in order to reap the lasting benefits
- Stretching daily is better; however, if you stretch two or three times a week, you will still experience lasting improvement
- Even if you are less active than before...it is still important to continue stretching
- Stretching can help us with everyday tasks

Source: Harvard Health

Org Health & Diversity Focus

It's too much to expect in an academic setting that we should all agree, but it is not too much to expect discipline and unvarying civility. John Howard, 25th Prime Minister of Australia

Human Performance Focus

CHANGE/OFF-NORMAL

What to do when a job changes, and you need to lift something heavy with no help?
Options: 1.) Stop the task, and talk to your supervisor. 2.) Get help with a lifting device. 3.) Reanalyze the job to see if the lifting can be eliminated. 4.) Wait until help is available.

March 15, 2017

Safety Focus

OVER EXERTION – BURSITIS

Bursae are fluid-filled cavities located at tissue sites where tendons or muscles pass over bony prominences near joints. The function of a bursa is to facilitate movement and reduce friction between moving parts. There are a total of 160 bursae in the human body located around the major joints in the body

Bursitis is the inflammation or irritation of the bursa. The most common locations for bursitis are in the shoulder, elbow and hip.

All Employees are responsible for safety

Health Tip of the Day

KICK BUTTS DAY!

Stand out, speak up and seize control against Big Tobacco. The next Kick Butts Day is March 15, 2017. We're expecting more than 1,000 events in schools and communities across the United States and even around the world. On Kick Butts Day, teachers, youth leaders and health advocates organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free;
- Urge elected officials to take action to protect kids from tobacco.

Kick Butts Day is organized by the Campaign for Tobacco-Free Kids. The first Kick Butts Day was held in 1996. Source: <http://www.kickbuttsday.org/>

Org Health & Diversity Focus

“I have decided to stick to love...Hate is too great a burden to bear.” Martin Luther King, Jr., civil rights activist

Human Performance Focus

FIRST SHIFT/LATE SHIFT

At the beginning of a shift – you may be stiff, and need to take time to stretch before doing any heavy lifting. You are an Industrial Athlete! Stretch like the Pros do!

March 16, 2017

Safety Focus

OVER EXERTION – TENDINITIS

Tendinitis is inflammation or irritation of a tendon — any one of the thick fibrous cords that attaches muscle to bone. The condition causes pain and tenderness just outside a joint.

Some common names for various tendinitis problems are:

- Tennis elbow
- Golfer's elbow
- Pitcher's shoulder
- Swimmer's shoulder
- Jumper's knee

If tendinitis is severe and leads to the rupture of a tendon, you may need surgical repair.

All Employees are responsible for safety

Health Tip of the Day

CHOCOLATE: TREAT OR HEALTH FOOD?

Dark chocolate in small amounts is believed to have heart-health benefits and might even help lower blood pressure. These potential health benefits are attributed to dark chocolate's phytochemical content. Good news for you chocolate lovers! But, chocolate is still a high-calorie food, so moderation is important. Try selecting a small piece as a treat and slowly savor the rich flavors. Source: Journal of Nutrition

Org Health & Diversity Focus

[I hope for an America where we can all contend freely and vigorously, but where we will treasure and guard those standards of civility which alone make this nation safe for both democracy and diversity.](#) Edward Kennedy, former U.S. Senator

Human Performance Focus

QUESTIONING ATTITUDE

Previous injuries and age seems to bring on pain and discomfort at times. Before attempting to do a task some questions you may want to review are:

- Am I physically able to do this task
- Will this ailment distract or hamper me from completing this task safely
- Can I use the assistance of a co-worker

March 17, 2017

Safety Focus

OVER EXERTION – TENNIS ELBOW SYMPTOMS

You may experience some of the following symptoms if you have tennis elbow:

- elbow pain that is mild at first but gradually gets worse
- pain extending from the outside of the elbow down to the forearm and wrist
- a weak grip
- increased pain when shaking hands or squeezing an object
- pain when lifting something, using tools, or opening jars

All Employees are responsible for safety

Health Tip of the Day

MOTIVATION ON THE TREADMILL

"Stuck" on a treadmill during the cold winter months? Try this tip to keep you going until warmer weather arrives. Create a 20-minute playlist on your mobile device or digital music player. Start with a lower-intensity warm-up for at least five minutes. Walk or jog for one song and speed up for the next. Continue to alternate through the workout and end with a slower interval to cool down. Add two new songs every two weeks to gradually increase your workout and you will be ready to hit the road in the spring! Source: HealthFitness Exercise Physiologist

Org Health & Diversity Focus

Civility does not ...mean the mere outward gentleness of speech cultivated for the occasion, but an inborn gentleness and desire to do the opponent good. Mahatma Gandhi, leader of the Indian independence movement in British-ruled India

Human Performance Focus

SELF-CHECKING

Always ensure you can perform at your highest level when utilizing tools or equipment that requires physical exertion. Do a self-check (**STAR**) to confirm your intended outcome.

March 18, 2017

Safety Focus

OVER EXERTION – TREATMENT FOR ELBOW PAIN

- Rest and ice can be used for temporary relief
- A bandage or compression sleeve is sometimes helpful
- A massage with ointment and balms may be helpful
- Home remedies like placing a hot water bag over the injured area may help
- If the pain is severe it is always better to visit a doctor and take proper treatment from him

All Employees are responsible for safety

Health Tip of the Day

WASHING FRUIT PREVENTS ILLNESS

A fruit garnish can make a holiday drink festive while also adding good nutrition. But be sure to keep your guests from getting ill by washing all fruit before you cut it, including fruits with a skin or peel. Even if you don't eat the skin, harmful bacteria can spread from the outside of the fruit to the edible portion during cutting or peeling. Source: Academy of Nutrition and Dietetics

Org Health & Diversity Focus

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. Maya Angelou, poet

Human Performance Focus

PROCEDURE USAGE

Always read the label and follow directions to safely prepare and provide food for consumption. Utilizing procedure usage for the intended tasks or use will prevent unintended food illnesses.

March 19, 2017

Safety Focus

FOODS THAT STRENGTHEN YOUR TENDONS AND LIGAMENTS

<u>Nutrient</u>	<u>Food Sources</u>
Vitamin C	Bell peppers, guava, kale, turnip greens, kiwi, broccoli, berries, oranges, grapefruit
Manganese	Clams, hazelnuts, pecans, walnuts, pumpkin seeds, chia seeds, flaxseeds, tofu, tempeh, lima beans, spinach, pineapple
Vitamin B6	Chickpeas, salmon, chicken, turkey, potatoes, sunflower seeds, spinach, bananas
Vitamin B12	Clams, trout, salmon, beef, eggs, fortified cereals, fortified soy milk
Magnesium	Spinach, almonds, peanuts, cashews, soy milk, black beans, avocado
Zinc	Oysters, beef, lobster, pork chop, baked beans, chicken, cashews, chickpeas

All Employees are responsible for safety

Health Tip of the Day

HOW TO BE FRUGAL WITH YOUR FAMILY FITNESS!

- Be simple - Take hikes or walks, dance in your living room, try jumping jacks, push-ups or jump rope
- Be creative - Create an obstacle course in your back yard using garden hoses, a few found junk tires, and your imagination
- Use the gym strategically – make sure it is worth the money for your family
- Key equipment – baby carrier backpack, jogger's stroller, treadmill
- Buy used equipment – try yard sales & consignment shops
- Rent equipment – try renting equipment before investing to make sure it is what you want

Source: <http://fitfamilytogether.com/frugal-family-fitness>

Org Health & Diversity Focus

I am the eternal optimist. I think that, over time, people respond to civility and -- and rational argument.

Human Performance Focus

PEER CHECKING

Being wise when exercising does include getting input and feedback from a qualified person and/or partner before starting your regimen. Your personal physician and a workout trainer can be an excellent resource.

March 20, 2017

Safety Focus

PREVENT OVER EXERTION WHEN USING TOOLS

Receive proper training in the use of the tools
Keep tools and equipment in good condition
Allow enough space to work in a neutral position
Take short rest breaks in between strenuous activities

All Employees are responsible for safety

Health Tip of the Day

GET YOUR ZZZS FOR BETTER HEALTH

Research shows that not getting enough sleep or getting poor quality sleep on a regular basis may increase the risk of high blood pressure, heart disease and type 2 diabetes. There is even evidence that weight gain is associated with getting inadequate sleep, possibly by disrupting hormones that regulate appetite. Sleep needs are different for each person, but most adults need between 7 to 9 hours each night. Sources: National Sleep Foundation

Org Health & Diversity Focus

All of us should banish hateful communications and practice civility for differences of opinion. Dallin H. Oaks, author

Human Performance Focus

OVERCONFIDENCE

When using tools that require physical exertion, do not fall into this trap: “I’ve used this tool for years.” Always verify the setup and condition of the tool or equipment. Someone prior to you may have adjusted the settings.

March 21, 2017

Safety Focus

TREATING A SPRAINED ANKLE

Treating a sprained ankle properly may prevent chronic pain and instability. For a Grade I sprain, follow the R.I.C.E. guidelines:

- **Rest** your ankle by not walking on it. Limit weight bearing. Use crutches if necessary; if there is no fracture you are safe to put some weight on the leg. An ankle brace often helps control swelling and adds stability while the ligaments are healing.
- **Ice** it to keep down the swelling. Don't put ice directly on the skin (use a thin piece of cloth such as a pillow case between the ice bag and the skin) and don't ice more than 20 minutes at a time to avoid frost bite.
- **Compression** can help control swelling as well as immobilize and support your injury.
- **Elevate** the foot by reclining and propping it up above the waist or heart as needed.

Swelling usually goes down in a few days.

Health Tip of the Day

STRETCHING

Better flexibility may:

1. Improve your performance in physical activities.
2. Decrease your risk of injuries.
3. Help your joints move through their full range of motion.
4. Enable your muscles to work most effectively.

Source: Mayo Clinic

Org Health & Diversity Focus

It's not the load that breaks you down, it's the way you carry it. Lena Horne, singer, dancer, actress and civil rights activist

Human Performance Focus

EFFECTIVE COMMUNICATIONS

The Enshape website (<https://enshape.biovia.healthfitness.com/login.aspx>) is a great resource for obtaining information for health and fitness. Most if not all health and fitness questions can be answered on this site or through your local Enshape champion.

March 22, 2017

Safety Focus

RIDDLE ME THIS #3

Prevention is key.....As many attest
Exercise, eat right.....And get plenty of rest
Work in ergonomic positions.....Don't load muscles too fast
Use me when you're lifting.....To make your back last
What am I?

Answer: BLAST (Zoom in to view the answer)

Health Tip of the Day

FOOD SAFETY FOR RAW MEATS, POULTRY AND FISH

Do you rinse raw meat, poultry, and fish before cooking them? If you do, reduce your food safety risk by skipping this step in the future. Rinsing these foods actually increases the risk of food poisoning by splashing bacteria-filled juices onto sinks, counters, and other nearby foods. Instead of rinsing, make sure to cook these foods to a safe temperature. For a chart of safe cooking temperatures, visit www.foodsafety.gov. Source: U.S. Department of Health & Human Services

Org Health & Diversity Focus

For the last 10 days of the month, we'll focus on tips for creating civility in the workplace. Tip #1 - Focus on others' needs and consider how your words and actions will impact others before you speak or act.

Human Performance Focus

LATENT ORGANIZATIONAL WEAKNESSES (LOW'S)

All employees should be their brothers and sisters keeper. If you identify out of date procedures or policies you should report them to your supervisor for correction. The only way to prevent LOW's is to eliminate them.

March 23, 2017

Safety Focus

FATIGUE

Fatigue may not often seem to be associated with over exertion. “Burning your candle at both ends” is an unsustainable and unhealthy way to live. Sleep and rest are essential to your health. They allow your mind and body to heal, recharge, and develop properly. To lower your risk of fatigue:

- Get about seven to eight hours of sleep a day, if you’re an adult
- Go to sleep and wake up at the same time every day
- Establish a regular bedtime routine
- Reduce your caffeine, nicotine, and alcohol intake
- Reduce your sugar intake
- Get regular exercise

Health Tip of the Day

KEEP IT SPICY!

Seasonings can add loads of flavor to reduced-fat recipes. Try basil to spruce up poultry, cilantro or salsa with fish, and dill in low-fat cottage cheese. Use cracked black or red pepper for more exciting pasta, and add turmeric to rice dishes. According to our registered dietitian, a little spice goes a long way toward making fat-modified dishes taste great. Source: HealthFitness Dietitian

Org Health & Diversity Focus

Civility Tip #2 - Become a bridge builder and act in a manner that creates an inclusive work environment.

Human Performance Focus

TIME PRESSURE

If you know that you or someone within your workgroup is being challenged with the Time Pressure trap, set up a peer-check. Having to get things done at all cost can lead to unwanted results. Do Not Let Time Pressure Win.

March 24, 2017

Safety Focus

TIPS TO AVOID PHYSICAL OVER EXERTION:

- Practice good posture
- Utilize ergonomic workspaces
- Lift lighter loads and use proper lifting techniques
- Decrease the distance you must stretch to lift a heavy object
- Take frequent breaks from physically repetitive and challenging activities
- Include strength training and stretching in your regular exercise routine
- Know and respect your body's limits

Health Tip of the Day

STRENGTH TRAINING AND WEIGHT MANAGEMENT

Strength training is important for weight loss and long-term weight control because it builds muscle, an active tissue that burns calories. The more muscle mass you have, the more calories you burn at rest, whereas stored fat uses little energy. Using proper form is important to help you get the most benefit from your strength training program and to prevent injuries. If you are new to strength training, consider taking a class or working with a certified personal trainer to help you get started.

Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

Civility Tip #3 - Appreciate the value of diverse opinions in developing approaches to varying situations.

Human Performance Focus

SELF-CHECK

Know your limitations and the requirements to complete each task or exercise rep. Doing a thorough self-check before starting will increase your chances of getting it done right the first time and prevent over-exertion.

March 25, 2017

Safety Focus

BROAD TYPES OF OVER EXERTION INJURIES

- **Acute injuries**, which result from a single traumatic event. A sprained ankle, a fractured wrist and a dislocated shoulder are examples of acute injuries that can happen as a result of a single incident.
- **Overuse injuries**, which happen over time as a result of many small traumas to the bones, joints, muscles, tendons and other tissue. Injuries to the Achilles tendon or the patella tendon are common examples of overuse injuries.

Health Tip of the Day

CHICKEN SOUP FOR COLDS

Chicken soup is a popular home remedy for the common cold, but does it really work? It won't cure your cold, but it might help temporarily relieve some of the symptoms. The steam from chicken soup helps break up congestion, making it easier to breathe. Soup also provides fluid, which is important for fighting infection. Plus, it tastes pretty good when you're not feeling your best.

Source: National Institutes of Health

Org Health & Diversity Focus

Civility Tip #4 - Understand that conflicts will occur in the workplace and take responsibility for your actions, regardless of the situation.

Human Performance Focus

PLACE-KEEPING

Safety instructions are provided as necessary steps to getting a task done. Do not alter or veer from the instructions provided. Complete each step as instructed and remember to circle the step to be performed, read and understand the step, perform the step as written and check-off each step as you complete them.

March 26, 2017

Safety Focus

OVER EXERTION - GENERAL SIGNS

Some general signs that may signal you have pushed beyond your physical capacity

- fatigue;
- dizziness;
- significant sweating;
- irregular heartbeat; and
- chest pain.

Health Tip of the Day

WAKE UP WITH ENERGY

Do you ever feel tired in the morning? To help wake yourself up, get moving! Pick up your room, make your bed, and clean up your dishes after breakfast. All of these activities count toward your goal of 60 minutes of physical activity every day. Plan a family breakfast on the weekend and pair it with a fun activity. That way, everyone can get excited about breakfast and physical activity while spending quality time as a family. Kids and adults who are more active will sleep better and wake up ready to enjoy breakfast and another action packed day!

<http://extension.oregonstate.edu/growthkc/sites/default/files/5-healthy-family-march.pdf>

Org Health & Diversity Focus

Civility Tip #5 – Guard against acting impulsively based on negative assumptions about another's intent, as that can lead to damaged relationships.

Human Performance Focus

POST JOB REVIEW

Upon completing a workout or doing a task that requires physical exertion, and you sense symptoms such as fatigue, dizziness, etc. Review your results with your co-workers, trainer, etc and talk about how you can make the task or workout more effective and less strenuous.

March 27, 2017

Safety Focus

OVER EXERTION – LESSON LEARNED

Overexerting yourself can lead to mild to severe health problems. For example, it can cause repetitive use injuries, fatigue, low blood sugar, and dehydration. To lower your risk of these issues, recognize and respect your body's limits. Try to:

- take regular breaks from repetitive activities
- get enough high-quality sleep at night
- eat enough food throughout the day
- drink enough water and other fluids

All Employees are responsible for safety

Health Tip of the Day

CAN'T SLEEP?

If you have difficulty sleeping, check your sleep behavior. Each person is a little different, but try these tips and see which ones best improve the quality of your sleep: go to bed and get up at the same time every day, even on weekends; avoid alcohol and caffeine for several hours before going to bed; avoid heavy meals prior to bedtime; exercise regularly; turn off all electronics; and be sure the temperature, sound and light in your bedroom are ideal for sleeping. Source: National Sleep Foundation

Org Health & Diversity Focus

Civility Tip #6 - Avoid tendencies to become caught up in gossip, complaining, or other forms of negativity in day-to-day interactions.

Human Performance Focus

SELF-CHECKING

Over-exertion can be mitigated by asking the right question before you start.

- Is this the right tool?
- Is there training or directions I need to be reading?
- Who was the last person to use this tool?
- Do I have the right equipment and PPE for the task to be done?
- Is my body posture correct?

March 28, 2017

Safety Focus

STRETCHING BEFORE EXERCISE

Help prevent over exertion before exercising by focusing stretches on the body parts you are going to work on. This prepares the muscles, ligaments, tendons and joints for the stress of working out by increasing nutrients to the cells and lubricating the joints.

Health Tip of the Day

WARM UP YOUR MUSCLES

Nothing can derail your fitness goals like an injury. Running with muscles that are cold and not properly stretched can result in a muscle strain that keeps you off your feet -- and off the road or trail -- for days, weeks, or even months. Starting your run with a 5- to 10-minute jog followed by stretching helps warm up your muscles so they're primed for your run, whether it's a couple of miles or a marathon. Focus on stretching the major muscle groups you'll be using -- quads, hamstrings, gluteals and hip flexors -- and don't forget moves that also warm up your abs, back and calf muscles. Source: <http://www.livestrong.com/slideshow/1010451-8-stretches-before-running/>

Org Health & Diversity Focus

Civility Tip #7 - View today's difficult situations from a broader and more realistic perspective by considering what they mean relative to the overall scheme of things.

Human Performance Focus

STOP THINK ACT REVIEW

In one form or another we all try to avoid physical activity when it comes to work. We seek the easiest and safest way to complete our task. Utilizing STAR is a great tool for completing work efficiently, safely, and with less physical force on our bodies.

March 29, 2017

Safety Focus

OVER EXERTION – NOT JUST AT WORK

Over exertion can happen to anyone, and you might not notice any symptoms until your body has been pushed well beyond its limits. Everyday activities such as playing with your kids, a new exercise routine or a job that requires repetitive movements or manual labor can all overwork your muscles, causing over exertion.

Health Tip of the Day

ACTIVE AGING WEEK

Today is the beginning of Active Aging Week, an observance designed to help promote the importance of a healthy lifestyle for adults. Being active is important for all ages, especially as we get older. Moving your body can help you stay strong and fit, making it easier to remain active for years to come. This is a great time to get moving or to add a new, fun activity to your routine. If you have a health condition or it's been a while since you've been active, your doctor can help advise you on how to begin. Source: International Council on Active Aging

Org Health & Diversity Focus

Civility Tip #8 - Be supportive of your organization in your communications both inside and outside of the workplace.

Human Performance Focus

OVERCONFIDENCE

Let's face it, as we age our bodies change and we cannot perform physically like we did at a younger age. Knowing our bodies and accepting their limitations can help prevent injuries and illnesses. Don't get caught in the Overconfidence trap.

March 30, 2017

Safety Focus

OVER EXERTION - WORKOUT WORDS OF WISDOM

"Fit is not a destination; it is a way of life." Make sure your fitness moves, your training processes and physical activities strengthen you for life and not get you down or keep you injured. Train well, keep safe and have a fit life! Pramod Kerkar, MD, FFARCSI

Health Tip of the Day

GIVE DATES A TRY

Dates are a sweet addition to cold cereal, yogurt or breads, and they are a great source of potassium, fiber and iron. Look for dried dates in the produce section of your grocery store. For a different take on dates, "plump" dried dates by soaking them in hot water for about 15 minutes. Source: United States Department of Agriculture

Org Health & Diversity Focus

Civility Tip #9 - Pay attention to how respectful you are in your communications and other actions on an ongoing basis.

Human Performance Focus

PROCEDURE USAGE

Having an exercise regime and or work tasks that require physical exertion should always have procedures that go along with the process. Ensure that any hazards or problems identified during your assessment phase (STAR) are corrected. Perform all steps as written.

March 31, 2017

Safety Focus

WAYS TO REDUCE FORCEFUL EXERTIONS

- Use mechanical assistance to move heavy loads when possible;
- Use power tools to avoid high forces;
- Reduce the weight of loads that need to be handled manually;
- Reduce the resistance that the worker must act against when pushing/pulling.

Health Tip of the Day

FINDING EXERCISE EQUIPMENT

If you are looking for home exercise equipment, the Federal Trade Commission recommends choosing equipment that fits your lifestyle and budget. Do you want to build strength, increase flexibility, improve endurance, or enhance your overall health? Knowing your goals will help you make a better selection. Also, be skeptical about outrageous claims. Some advertisers claim their products will give you a quick and easy way to get in shape and lose weight, but don't have the science to support it. If it sounds too good to be true, it probably is. Source: Federal Trade Commission

Org Health & Diversity Focus

Civility Tip #10 - Develop an awareness of the respect that you display in all areas of your communications, including what you say, how you say it, your voice tone, and the body language that you demonstrate.

Human Performance Focus

PEER-CHECKING

Ensure that you and/or your workout team(s) understand the intended goal before starting a task. Always solicit feedback to ensure you have made an account of all steps. Remember it is perfectly fine to ask a qualified person to assist you with peer checking.