

Hazard Recognition: Physical Fitness Safety
Safety Principle #2: People are the most critical element

Hazard Recognition: Physical Fitness Safety

February 2017

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Daily Safety and Health Topics

February 2017

Hazard Recognition:

Physical Fitness Safety

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



February 1, 2017

Safety Focus

BE REASONABLE

During the holidays and colder months we often do not engage in as much physical activity as we do during the summer months. If you are taking a trip back to the gym after an extended time away start slow and work your way back up. Serious injuries can occur due to over exertion during a workout.

Health Tip of the Day

IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) affects about 10 to 15 percent of American adults. Abdominal pain, bloating, and discomfort are the main symptoms but they can vary from person to person. If you suffer from IBS, eating smaller meals more often or eating smaller portions can help. Avoid foods that you cannot tolerate and may cause symptoms. Increase your fluid intake with water and non-caffeinated beverages, and talk to your doctor about other ways you can control your symptoms. Source: National Institutes of Health

Org Health & Diversity Focus

PARTICIPATE

Participate in employee engagement surveys and respond as openly and honestly as possible. Finding an internal champion with whom you can comfortably express concerns and/or elicit advice can be instrumental in supporting all efforts.

Human Performance Focus

RECOGNITION, STAR

Recognize the task at hand; whether at work, home or the gym. Stop beforehand, think about the task and ask yourself – “should I stretch?” Review: How does my body feel? Should I stretch more?

February 2, 2017

Safety Focus

TIPS TO AVOID INJURIES DURING WORKOUTS

If you desire to conduct some form of physical activity it is important to keep in mind some strategies to avoid personal injury. Over the next couple days we will cover 10 tips to avoid injuries while exercising.

1. Take 5 to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.

- Harvard Health Publications, Harvard Medical School

Health Tip of the Day

EAT YOUR "REDS" TOO

The delicious red cabbage is low in calories, rich in vitamin C and a good source of dietary fiber. But it's what gives this festive cabbage its flavor and deep red hue that may offer some health benefits. Scientists have identified more than 35 compounds called anthocyanins in red cabbage, which may have benefits for cancer protection, brain function, and heart health. Shop for red cabbage with the richest, reddest leaves and use it in garden salads, coleslaw or a stir-fry. It's also great when stewed with Granny Smith apples. Source: U.S. Department of Agriculture

Org Health & Diversity Focus

FOUR DISCIPLINES OF A HEALTHY ORGANIZATION:

- Build a cohesive leadership team.
- Create clarity around six critical questions.
- Over-communicate that clarity to leadership and staff.
- Reinforce the clarity through human systems.

Human Performance Focus

PRE-JOB BRIEF

Even if working out alone (or doing any job alone) you can do a one-person pre-job brief. Ask yourself "How can I get hurt while doing this task or workout?" And then make sure you prevent those injuries.

February 3, 2017

Safety Focus

TIPS TO AVOID INJURIES DURING WORKOUTS

Continuing from yesterday, warm up and cool down and gradually increase activity, the next tips are:

3. Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. It is important to mix your activities and have sufficient rest between workouts.
4. Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.
 - Harvard Health Publications, Harvard Medical School

Health Tip of the Day

DUMBBELLS VS. MACHINES

Which is better for your muscles, dumbbells or weight machines? Many strength experts recommend using a combination of the two. Together, they help to increase strength, while also improving coordination and flexibility. For example, using a chest-press machine may allow you to lift more weight safely, but using dumbbells requires muscle balance and coordination. Muscles benefit from both types of weight training. Mix it up. Find a routine that fits you and your goals. Source: American Council on Exercise

Org Health & Diversity Focus

EDUCATING ON ORG HEALTH

Educate management on the link between employee health and productivity and the business's economic value.

Human Performance Focus

SELF-CHECKING

Know your body and its limitations. STOP: Take a moment to THINK about the conditions and physical effort it will take to get to your desired outcome or result. Consulting with your physician is one way of knowing your body's physical condition and limitations.

February 4, 2017

Safety Focus

TIPS TO AVOID INJURIES DURING WORKOUTS

To recap thus far; warm up and cool down, gradually increase activity, rest and mix activities, and listen to your body. The next tips are:

5. If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps/sets.
6. For most people, simply drinking plenty of water is sufficient. But if you're working out especially hard or doing a marathon or triathlon, choose drinks that replace fluids plus essential electrolytes.
7. Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.

- Harvard Health Publications, Harvard Medical School

Health Tip of the Day

CHECK THE LABELS ON PASTA SAUCE

Did you know that some jars of pasta sauce contain up to 40 grams of fat with 17 grams of saturated fat per serving? Many also contain a surprising amount of added sugar. A few tips to help make a better choice: Use the nutrition facts label to compare brands, consider choosing tomato-based sauce versus cream-based or cheese-based, and opt for one with 3 grams of fat or fewer per serving. Source: HealthFitness

Org Health & Diversity Focus

BECOME CULTURALLY COMPETENT

Take the time to learn about different cultures, races, religions and backgrounds represented by your colleagues. Ask your coworkers to share some of the customs and practices associated with their cultures. Become familiar with diversity-related terms and, if you err, apologize and ask for help.

Human Performance Focus

PROCEDURES

Just as job tasks have procedures so should you when exercising. Have a well thought-out plan that documents your physical fitness regimen. Verify each step and do not attempt to execute a step if you are not physically able or qualified to do so.

February 5, 2017

Safety Focus

TIPS TO AVOID INJURIES DURING WORKOUTS

So far; warm up and cool down, gradually increase activity, rest and mix activities, listen to your body, restart smaller/lower, replenish essentials, and properly equip yourself. The final three tips are:

8. For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps/sets.
9. Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace above 70°F or find a cooler time of day.
10. Dress properly for cold-weather workouts to avoid hypothermia. A good strategy is to wear layers so you can peel them off as it warms up.

- Harvard Health Publications, Harvard Medical School

Health Tip of the Day

BE A KID IN THE SNOW AGAIN

If you live in a cold weather area, winter can be a low-activity, high-calorie time of the year. To combat these challenges, consider the workout you can get while having fun in the snow. Activities like building a snowman, making snow angels and having snowball fights (no shots above the neck!) aren't just for the kids. They can burn up to 300 calories per hour while also providing a great outlet for stress! Source: HealthFitness

Org Health & Diversity Focus

A QUOTE ABOUT AMERICA

"America is not like a blanket – one piece of unbroken cloth. America is more like a quilt – many patches, many pieces, many colors, many sizes, all woven together by a common thread." Rev. Jesse Jackson

Human Performance Focus

PRE-JOB BRIEF

Be aware of traps such as physical environment. Account for your surroundings and any changing conditions during your workouts. Verify that you have the correct tools and resources to complete your physical activity safely.

February 6, 2017

Safety Focus

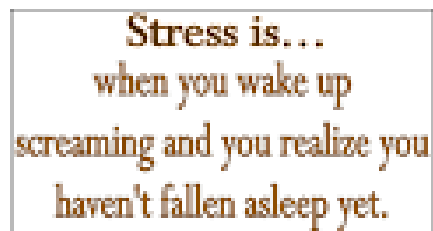
STRETCHING ACROSS THE BOARD

Stretching before a high intensity activity such as a sports game or an intense workout is considered routine. Stretching allows an individual to gain flexibility in motion which is helpful for activity. Stretching before conducting certain activities during your day at work can be beneficial, it isn't just for athletes.

- Workout Injuries: Prevention and Treatment, WebMD

Health Tip of the Day

FUNNY QUOTE



Stress is...
when you wake up
screaming and you realize you
haven't fallen asleep yet.

Source: quotesgram.com

Org Health & Diversity Focus

COMMUNICATION

Communication is arguably the cornerstone of any healthy and effective work environment

Human Performance Focus

QUESTIONING ATTITUDE

By maintaining the correct focus on the job or tasks at hand will ensure the correct questions are being asked. Your initial approach to a task or exercise is just as important as getting to the finish line.

February 7, 2017

Safety Focus

WHEN HAVE YOU GONE TOO FAR?

Most individuals after returning to an exercise activity will experience delayed muscle soreness 12-24 hours after the activity which will gradually abate. This soreness is normal and often expected. By contrast, persistent or intense muscle pain that starts during a workout or right afterward, or muscle soreness that persists more than one to two weeks, merits a call to your doctor for advice. – Harvard Health Publications

Health Tip of the Day

WHAT ARE THE BENEFITS OF STRETCHING?

Stretching can help improve flexibility, and, consequently, range of motion in your joints. Better flexibility may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively. Source:

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/stretching/art-20047931>

Org Health & Diversity Focus

KNOW THE DIVERSITY GOALS AND VISION OF YOUR ORGANIZATION

Commit to the process by understanding how diversity impacts your role, and how your role impacts the success of the diversity initiative.

Human Performance Focus

POST JOB REVIEW

If physical exercise or a job is not done correctly it can lead to an unplanned event or injury. Always verify that you are using proper form and technique. Validate that you have performed per instructions and/or procedure. Unplanned events or injuries provide learning opportunities.

February 8, 2017

Safety Focus

ROTATE ACTIVITIES

As mentioned in the 10 tips to prevent injuries while working out earlier this month, mixing activities is a good strategy. Cross-training, or varying your workout, allows for you to use different muscles on different days to prevent overuse of one particular set. An example would be to run one day, lift weights on the second day, and swim or cycle on the third day, then setting a rotation. Workout Injuries: Prevention and Treatment, WebMD

Health Tip of the Day

SYMPTOMS OF APPENDICITIS

Symptoms include: pain to the right of the navel (beginning near the navel and moving down to the right), or worsening pain in the same area associated with moving, deep breathing, coughing or sneezing. Other symptoms include nausea, vomiting or abdominal swelling. Anyone with symptoms of appendicitis needs to see a doctor immediately. Source: National Institutes of Health

Org Health & Diversity Focus

TREAT PEOPLE THE WAY THEY WISH TO BE TREATED RATHER THAN THE WAY YOU WISH TO BE TREATED.

Common social activities and practices that are comfortable for you may not be comfortable for everyone. Do not tell offensive jokes that may alienate those who are different from you — even if they are not present at the time. Most importantly, be respectful always. Diversity exists everywhere — not just in the office.

Human Performance Focus

STAR

Always take a moment to ensure you are qualified to do a task or activity. THINK about your desired outcome and if more efficient methods can help you get to your end-goal in a safe manner. A Self-Checking approach can help you identify opportunities.

February 9, 2017

Safety Focus

KNOW THE EQUIPMENT

Throughout the system there are many different gyms that Entergy has set up for use by employees. These areas are not monitored by health fitness professionals so it is up to the individual utilizing the equipment to understand how to do it safely. Most equipment has illustrations or descriptions attached to it for proper use. If you are unsure how to use a certain piece of equipment take the time to research it before attempting to use it and potentially injuring yourself.

Health Tip of the Day

MOM WAS RIGHT!

The American Heart Association recommends eating eight or more fruit and vegetable servings every day. An average adult consuming 2,000 calories daily should aim for 4.5 cups of fruits and vegetables a day. Also, variety matters, so try a wide range of fruits and veggies. Source:

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/About-Fruits-and-Vegetables_UCM_302057_Article.jsp

Org Health & Diversity Focus

ENCOURAGE SAFE FAILURE

Give employees an area where they can to learn to fail without putting the company in danger.

Human Performance Focus

PROCEDURE USAGE

The methods we use to do our work or daily activities are the most fundamental approach to getting our task done safely. Whether it is operating a piece of equipment (treadmill) or executing a plan. Procedures must be followed exactly as written.

February 10, 2017

Safety Focus

IT IS A RISK

Exercising is a risk and must be approached with caution and care regarding performance. In some of the more recent data collected by the U.S. Consumer Product Safety Commission there are more than 460,000 individuals sent to the hospital annually as a result of exercise equipment injury. A vast majority are treated and released but it doesn't mean they can go back to their normal work routine immediately. – USA Today

Health Tip of the Day

EXERCISE TIPS FOR LONG TRIPS

Sitting for lengthy periods, such as when traveling for more than four hours, can increase the risk of developing a blood clot. To reduce your risk, get up and walk around every two to three hours when making long trips. It also helps to exercise your legs while sitting. Raise and lower your heels while keeping your toes on the floor. Then, raise and lower your toes while keeping your heels on the floor. Also, tighten and release your leg muscles periodically when sitting. Source: Centers for Disease Control

Org Health & Diversity Focus

DRIVE POSITIVE CHANGE IN THE ORGANIZATION

Be a spokesperson for diversity issues that are not necessarily your own. Any organization will find it difficult to ignore the powerful voice created when groups representing different diversity dimensions unite.

Human Performance Focus

PROCEDURE USAGE

Directions and procedures are provided to help keep the public and employees safe when executing a task or activity and using equipment and tools. Don't fall into the Over-Confidence silent voice of "I don't need directions for this."

February 11, 2017

Safety Focus

TRY AND TRY AGAIN

Hippocrates said, “If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.” Walking can help to reduce stress, clear thoughts, and promote creative thinking. Ensure you have a safe walking area and that you are attentive to the environment if you decide to take a stroll.

Health Tip of the Day

FROZEN TIME SAVERS

Frozen foods can save you plenty of time when preparing meals. Consider buying frozen foods that are low in sodium and preservatives such as the following: pre-chopped veggies like onions and peppers; vegetable medleys; boneless, skinless chicken breasts; peeled and deveined shrimp; and textured soy crumbles. Each of these products will save you time and are minimally processed. Source: HealthFitness dietitian

Org Health & Diversity Focus

QUOTE FOR THE DAY

“Diversity: the art of thinking independently together”. Malcolm Forbes

Human Performance Focus

PHYSICAL ENVIRONMENT

Continuously being alert about what’s going on around you is a simple definition of situational awareness. Having a questioning attitude and having a plan beforehand to mitigate changing environments will help keep you safe.

February 12, 2017

Safety Focus

ASK A PEER

Often during our normal work routines where we are going to engage in something that has risk we ask a peer or friend for some assistance. Use that same philosophy when engaging in a workout routine. Ask a friend or co-worker to join you so that you can keep an eye on each other as well as encourage each other.

Health Tip of the Day

NEW PARENTS STROLL FOR FITNESS

Taking walks with your baby in a stroller can help new parents stay in shape and burn extra calories. One study estimated that you can burn up to 20 percent more calories pushing a stroller than walking alone. It is also a great way to get errands done, stay healthy, lose weight and bond with your child. Whenever possible, make your walk as brisk as you can for additional benefits. Source: Journal of Cardiopulmonary Rehabilitation

Org Health & Diversity Focus

ACTIVELY ENGAGE IN THE DIVERSITY EFFORT.

Take part in or start an Employee Resource Group, or volunteer to chair or serve on committees that organize diversity-related events and activities. Consider becoming a mentor, mentee, or part of a co-mentoring relationship. These activities require a commitment of time, but represent a valuable opportunity for personal and professional development.

Human Performance Focus

PEER CHECKING

You've heard it said, "4 eyes are better than 2" and "two heads are better than one." Engage an equally qualified person to be a second check to your planned activities. This engagement will help ensure and validate your procedure and outcome.

February 13, 2017

Safety Focus

CONSIDER YOUR EATING HABITS FIRST

Exercise has been scientifically proven to help most individuals when conducted in a safe manner. However there are many people that are intimidated by the gym and don't know where to start. A good approach to get you headed in the right direction is assessing your nutrition before heading to the gym. Significant weight loss can occur simply by changing your diet which in turn can help you prepare for the gym.

Health Tip of the Day

SLEEP: THE FOUNDATION FOR HEALTHY HABITS

Getting at least seven hours of quality rest each night is essential for optimal health. Sleep provides the foundation for all of your daily habits and decisions. Sleep deprivation can negatively affect your mood and temperament, as well as your ability to focus on daily tasks. Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117>

Org Health & Diversity Focus

APPRECIATE EVERYONE'S EFFORTS

Employees/Co-Workers aren't just in it for the paycheck, they want to be appreciated - so say **'thank you'** and celebrate accomplishments

Human Performance Focus

STAR

We must know what our end-goal or desired result is before we can execute a plan. How can we navigate a ship if we do not know where we are going? Take the time to think about what you are trying to accomplish, what it will take to get you there safely, and upon completion do a review of your performance.

February 14, 2017

Safety Focus

DON'T BOUNCE

It is mistakenly believed that “bouncing” as you stretch helps muscles to stretch further. Sudden overstretching stimulates the stretch reflex causing the muscles to contract even tighter in an attempt to prevent injury. Bouncing is counterproductive as it can cause small tears to the muscle tissue, which are experienced as muscle soreness or tenderness. Concentrate on slow, sustained stretches holding for 10-20 seconds. – Better Health Channel

Health Tip of the Day

CALF STRETCH

Purpose: Stretch the calf (lower part of the back of the leg).

Starting position: Stand facing a wall slightly farther than arms length from the wall, feet shoulder-width apart. Lean against the wall, with both hands on the wall.

Action:

- Bend one leg, and place the foot on the ground in front of you. The other leg extends behind you with the knee slightly bent. Both feet point straight ahead.
- Slowly move your hips forward, keeping your lower back flat. Be sure the heel of your back foot is flat on the floor, and your weight is in your back heel.
- Hold for 10-30 seconds. Then return to starting position.
- Repeat with other leg; continue alternating legs.

Repeat: 3 to 5 times with each leg. Rest, then do a second set. Source:

http://www.heart.org/HEARTORG/Conditions/More/CardiacRehab/Stretching-and-Flexibility-Exercises_UCM_307383_Article.jsp

Org Health & Diversity Focus

SIGNS OF A HEALTHY ORGANIZATION

Signs of a healthy organization are a minimum of politics (people don't change what they say based on who's in the room), a minimum of confusion (everyone knows the goals and strategies and how to get there), high morale, high productivity and low turnover among good people.

Human Performance Focus

LATENT ORGANIZATIONAL WEAKNESSES

Be alert to directions that are unclear or having missing steps. Misinformation, unwritten rules, missing training, or protocols that are outdated can result in undesired events and injuries. Having an Effective Communication plan will help mitigate this trap.

February 15, 2017

Safety Focus

USE TECHNOLOGY

More and more items are appearing on the markets that provide valuable information as a result of physical activity. Utilizing one or more of these devices can help you understand and see how you are performing. The device can provide real time information about things like heart rate and breathing which can help prevent overexertion.

Health Tip of the Day

KNOW THE SIGNS - 10 WARNING SIGNS OF ALZHEIMER'S DISEASE:

- 1) Memory changes that disrupt daily life;
- 2) Challenges in planning or solving problems;
- 3) Difficulty completing familiar tasks;
- 4) Confusion with time or place;
- 5) Trouble understanding visual images and spatial relationships;
- 6) New problems with speaking or writing;
- 7) Misplacing things and inability to retrace steps;
- 8) Decreased or poor judgment;
- 9) Withdrawal from social or work activities;
- 10) Changes in mood and personality.

Source: Alzheimer's Association

Org Health & Diversity Focus

PROMOTE WELLNESS

Wellness programs are linked to greater productivity, less absenteeism, and a reduction of long-term health care costs.

Human Performance Focus

MOTIVATION

Technology is only as good as the person using it. Whether doing work, play, exercise, etc... Keep a good attitude and you will succeed at it.

“Keep your face to sunshine, and you can never see the shadow.” - Helen Keller

February 16, 2017

Safety Focus

PLAN AHEAD

Conducting a workout in a gym provides a nice climate controlled environment to exercise. Keep in mind what you will be encountering when exiting the gym. With the cold weather there could be hazardous walking surfaces especially if you are not wearing the proper footwear.

Health Tip of the Day

ENJOY YOUR CORN!

Corn is low in fat, free of saturated fat and sodium, and is a good source of fiber and vitamin C. You can enjoy grilled or steamed corn-on-the-cob, add corn to guacamole or salsa for a little crunch, or make a relish by mixing corn with chopped vegetables, beans and vinaigrette. Source: Produce for Better Health Foundation

Org Health & Diversity Focus

UNDERSTAND THE DIVERSITY ELEMENTS YOU PERSONALLY BRING TO THE ORGANIZATION.

Diversity comes not only in the form of culture, race, and gender but also includes elements such as socio-economic background, education level, geographic location, sexual orientation, thought and many others. Each of us brings to the table a lifetime of experiences and knowledge. Each of us is different and adds value to the organization because of these differences.

Human Performance Focus

QUESTIONING ATTITUDE

Whether at home, work, or play, a questioning attitude will always serve you well. It is never a good thing to walk around in 'automatic.' Constantly questioning the safety of your surroundings will serve well to keep you out of the hospital.

February 17, 2017

Safety Focus

SAFETY FEATURES

Many pieces of exercise equipment will have a safety feature that helps in the event something happens to the user. Some devices will shut off an electronic item others will catch weights or bars. It is important that you know and understand how these devices work for your protection and never attempt to bypass or disable them.

Health Tip of the Day

BACK EXERCISE AT YOUR DESK

Stand up, and place your hands on your thighs or knees, keeping your knees bent. Round your back like a camel, hunching the shoulders, head down. Then switch to arching your back like a cat, looking up toward the ceiling. You can also lean on your desk instead of your legs, if preferred. Source: American College of Sports Medicine

Org Health & Diversity Focus

QUOTE: WHAT IS CULTURAL DIVERSITY?

“Diversity is the mix. Inclusion is making the mix work”- Andres Tapia

Human Performance Focus

NO SHORTCUTS

Don't take any shortcuts, safety, exercise, or other.

“There are no shortcuts. I approached practices the same way I approached games. You can't turn it on and off like a faucet. I couldn't dog it during practice and then, when I needed that extra push late in the game, expect it to be there. Very few people get anywhere by taking shortcuts.” - Michael Jordan

February 18, 2017

Safety Focus

MINIMIZE DISTRACTIONS

It is important to maintain focus on the activity you are participating in to minimize the potential for an error. While you are working out you are putting yourself in risky situations with a variety of devices in the area. Losing focus because of a distraction can cause severe injuries to yourself or surrounding individuals.

Health Tip of the Day

FOCUS ON FOLIC ACID

- Folic acid is a B vitamin that everyone needs for good health, especially women in their childbearing years.
- Folic acid plays a role in preventing some major birth defects of the baby's brain and spine.
- Since many pregnancies are unplanned, women who could become pregnant should get 400 micrograms of folic acid daily.
- Taking a supplement or eating a breakfast cereal with 100 percent of the daily value for folic acid every day are ways to get enough.
- Talk with your doctor to see what is best for you.

Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

HAVE SOME FUN

Research has proven that companies with happy workers experience more productivity, less turnover rates, fewer sick days and higher profitability.

Human Performance Focus

FOCUS

Distractions are a fact of life everywhere you go. Self-discipline can be viewed as a craft that you can practice and improve. When you find yourself distracted, force yourself to focus on the task at hand. The more you do it – the better you will be at it.

February 19, 2017

Safety Focus

PLAN AHEAD

If you intend to venture outdoors for some physical activity ensure that you have preplanned your route and emergency actions if necessary. If you can map out the route you want to take, identify key resources and locations, and let someone know where you are going. Use a device to help you track how far you have traveled so you have an idea if you are on track or not.

Health Tip of the Day

FAMILY TIME

Whether you're eating dinner, going for a nature walk, or holding a family karaoke night, spending time together builds healthy families and healthy kids.

Source: <http://www.webmd.com/balance/features/good-life-activities-your-family>

Org Health & Diversity Focus

TO PREVENT A STRESSFUL WORK ENVIRONMENT,

Make sure that you add a personal touch to your workplace, keep your workplace clean/organized, add plants and use natural tones to keep you calm.

Human Performance Focus

PLAN AHEAD

“A good plan implemented today, is better than a perfect plan implemented tomorrow.” - George Patton

February 20, 2017

Safety Focus

FUEL YOUR BODY

This does not mean head to the local supplement store and purchase a bunch of items. Fuel your body quite simply means have good eating habits and drinking plenty of water. Having a healthy nutrition plan while you are exercising is the best combination to get you through your workouts and help you recover.

- Workout Injuries: Prevention and Treatment, WebMD

Health Tip of the Day

What is a Stress Test?

- A stress test gathers information about how your heart works during physical activity.
- Since exercise makes your heart pump harder and faster than usual, an exercise stress test can reveal problems within your heart that might not be noticeable otherwise.
- An exercise stress test usually involves walking on a treadmill or riding a stationary bike while your heart rhythm, blood pressure and breathing are monitored.

Source: <http://www.mayoclinic.org/tests-procedures/stress-test/basics/definition/prc-20019801>

Org Health & Diversity Focus

COMMUNICATE AND EDUCATE

Diversity work is a journey, not a destination. It takes time, patience, and perseverance. Be tolerant of coworkers who do not yet appreciate the value of diversity or who may not always behave respectfully. Often, negative behavior comes from ignorance rather than malice. A willingness to educate can go a long way.

Human Performance Focus

FUEL YOUR BRAIN

Human Performance improvement is not a program per se, such as Six Sigma, TQM, etc. Rather it is a set of concepts and principles; that if we embrace, and apply, will help us to make good decisions. It will provide a system to help us to help ourselves improve our safety and work practices.

February 21, 2017

Safety Focus

STOP IMMEDIATELY IF...

Stop exercising and seek medical help if you experience symptoms such as:

- Severe discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise
 - Better Health Channel

Health Tip of the Day

WARM UP & COOL DOWN

- A good warmup
 - Dilates your blood vessels, ensuring that your muscles are supplied with oxygen.
 - It also raises your muscles' temperature for optimal flexibility and efficiency.
 - By slowly raising your heart rate, the warmup also helps minimize stress on your heart.
- Stretching allows for greater range of motion and eases the stress on the joints and tendons, which could potentially prevent injury.
 - The cool-down is just as critical - It keeps the blood flowing throughout the body.

Source: http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Warm-Up-Cool-Down_UCM_430168_Article.jsp:

Org Health & Diversity Focus

LEAD BY EXAMPLE

Head out of the office by 5:00 on certain days. Say you won't be answering emails after work hours. If your employees/co-workers see that you value personal time, they won't feel guilty for prioritizing theirs.

Human Performance Focus

WARNING SIGNS

We talk extensively about keeping a questioning attitude at work. But it is also a good idea to keep a questioning attitude about your body. When you feel symptoms such as those mentioned above, ask yourself some serious questions; such as: "Am I qualified to interpret these symptoms?" Or "Do I need a doctor?"

February 22, 2017

Safety Focus

EXERCISE REENTRY

If you have had a relatively recent event that prevented you from exercising, such as pregnancy, sickness, or injury, be cautious how you approach your next workout. The body changes as a result of different events and can impact your ability to perform at the level prior to that event. Slowly working back up to your previous levels can help to minimize the potential risk of injury. - Better Health Channel

Health Tip of the Day

Go Red!

- **G**et Your Numbers:
 - Check your blood pressure, cholesterol and glucose.
- **O**wn Your Lifestyle:
 - Stop smoking, lose weight, be physically active and eat healthy.
- **R**aise Your Voice:
 - Advocate for more women-related research and education.
- **E**ducate Your Family:
 - Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- **D**onate:
 - Show your support with a donation of time or money.

Source: American Heart Association

Org Health & Diversity Focus

FOSTER CREATIVITY

In addition to physical fitness, encouraging employees' to maintain healthy mental fitness is just as important. Allowing time and space to pursue creative projects (or even think more creatively about current projects) will not only give them a better sense of balance, but foster the kind of out-of-the-box thinking that will benefit your business in the long run.

Human Performance Focus

STRESS REDUCTION

Unwanted events create stress in our lives. For example – succumb to distracted driving, and get in a car wreck and see how your stress level increases. Use your HU tools against the traps – and keep your stress level low!

February 23, 2017

Safety Focus

GET CONSULTATION

Engaging in physical activities can have some significant consequences for those that have certain risk factors. Previous injuries can be aggravated if the proper time isn't allowed for healing. If you are concerned with your physical ability to conduct exercise routines consult your doctor. Physical and wellness exams can be conducted which will provide valuable information.

Health Tip of the Day

HIGH-FIBER CEREAL

It's not only a breakfast option but it can also be used as a condiment! Sprinkle it on top of a salad, add it to yogurt for extra crunch, and use it in place of breadcrumbs in cooking. Just a half-cup of high-fiber cereal can provide as much as 13 grams of fiber, about half the recommended daily intake. Source: HealthFitness Dietitian

Org Health & Diversity Focus

ASK

You can't fix a problem if you don't know it exists.

Human Performance Focus

RELIABILITY

Human Performance helps to improve your reliability. In its exhaustive study on Human Performance Improvement, the Dept. of Energy relied heavily on studies of High Reliability Organizations. By embracing HU tools and principles, you will see steady improvement in your reliability.

February 24, 2017

Safety Focus

REASONS TO CONSIDER PHYSICAL ACTIVITY

There are numerous studies available that show engaging in physical activity can help the body and mind stay healthy. Many different diseases are less likely to impact a person who has a regular exercise routine. Engaging in physical activity also helps improve mental function and reduces stress. Every little bit helps.

- Managing Your Condition With Exercise, WebMD

Health Tip of the Day

The Benefits of Physical Activity

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Source: <https://www.cdc.gov/physicalactivity/basics/pa-health/>

Org Health & Diversity Focus

VIEW EMPLOYEES/CO-WORKERS AS INDIVIDUALS

Avoid both positive and negative stereotypes. Don't make assumptions about employees from different groups. Judge successes and failures individually.

Human Performance Focus

SUPPORT THE ORGANIZATION

In its HU handbook, the DOE says: "It is not easy to anticipate exactly how trivial conditions can influence individual performance." And "People cannot perform better than the organization supporting them." Be a part of the solution and use your HU tools to be your Brother's and Sister's Keepers.

February 25, 2017

Safety Focus

CHECK THE EQUIPMENT

Before you use any equipment, your personal devices or equipment at a gym, make sure you look it over. Equipment that is used regularly runs the risk of failing due to continuous use. Take the time to look at wires, pins, tires, and anything else that might indicate damage or failure. If it is company equipment make sure it is reported to the appropriate owner.

Health Tip of the Day

RESTAURANT CHIPS ADD UP

Chips add plenty of calories to your meal. One basket of restaurant tortilla chips can contain as many as 1,000 calories. When dining out, limit or skip the chips. Sip on a non-caloric beverage such as water with lemon or unsweetened iced tea as you wait for your meal.

Source: USDA National Nutrient Database

Org Health & Diversity Focus

POSITIVE VALUES

Demonstrate behavior that exemplifies the highest commitment to quality and service to each other, our communities, customers and owners.

Human Performance Focus

HU FOCUS

“I find your lack of concern for HU principles... disturbing.” - Darth Vader.

February 26, 2017

Safety Focus

AUDIO DEVICES

A lot of individuals will prefer to wear some sort of audio device to help them concentrate or to provide some motivation. Ensure these devices are at the proper volume where you can hear warnings in your surrounding environment especially if you are running/cycling along a road.

Health Tip of the Day

Cold Winter Tips – Stay Active

- Walk the dog
- Shovel snow
- Use hand weights or stretch bands
- Go for walks at your local mall

Source: <https://washingtonwellnesscenter.com/overall-health/tips-for-staying-active-during-winter/>

Org Health & Diversity Focus

WORK IN DIVERSE GROUPS

Teams reflect the diversity of your workplace. Diverse work teams let employees get to know and value one another as individuals. Diverse teams also expand the experiences and views of all the workers on the team and help them recognize the strength of their combined talents and perspectives.

Human Performance Focus

HAZARD RECOGNITION

As discussed previously: A pre-job brief can be conducted for groups or alone, or at work or at home. When exercising, wearing headphones should be considered a hazard if you'll be on the street running or cycling. Consider using a track or only one earbud.

February 27, 2017

Safety Focus

QUALITY OVER QUANTITY

Many exercises require a particular form or motion to be executed for the exercise to be considered effective. It is important that you work on learning the form/motion and concentrating on that rather than trying to do as many repetitions as possible. According to the Army “proper form is more important than sloppy execution.”

Health Tip of the Day

VOLUNTEER FOR A HEALTHY NEW YEAR

According to a review of more than 30 studies, there is a strong connection between volunteering and good health. Volunteers enjoy longer lives, higher functional ability, lower rates of depression, and lower rates of heart disease. It benefits both physical and mental well-being and can even give you a "helper's high." Help yourself to better health by helping others and become a volunteer in the New Year.

Source: AmeriCorps

Org Health & Diversity Focus

COMPASSION, RESPECT AND UNDERSTANDING

Kindness and understanding prevail when employees face challenges such as accidents, illnesses, personal tragedies and natural disasters. People will usually go the extra mile for others when they're treated well and with understanding, compassion and respect.

Human Performance Focus

WILLINGNESS

Sometimes the ability to fix a problem is simply someone's willingness to communicate problems and opportunities to improve. This can be difficult for long-term or deeply ingrained problems. But those problems CAN be fixed.

February 28, 2017

Safety Focus

FIND A PROGRAM

If you are new to the exercise stuff consult a local gym or activity center. Work with their trainers and find a program that fits your wants, needs, and abilities. Many programs will scale with your ability as you improve. Plus a prebuild program takes a lot of the guess work out of your decision making. Lastly, try to make it fun.

Health Tip of the Day

A GREAT BACK STRETCH

Lie on your back with your knees bent and feet flat on the floor. Keeping your back flat on the floor, rotate your hips to the left, lowering your legs down to the floor until a gentle stretch is felt. Hold for 15 seconds. Return to the starting position. Repeat four more times to the left side then switch and repeat to your right side. Finish up by hugging your knees into your chest for at least 15 seconds. Talk with your doctor before performing this exercise if you have hip problems or have had a hip replacement. Source: HealthFitness Exercise Physiologist

Org Health & Diversity Focus

BASE DECISIONS ON OBJECTIVELY

Don't set different criteria for different groups. Don't make excuses or allow others to make excuses for shortcomings. Base all actions, including discipline, on specific, performance-related criteria. Always focus on job-related issues not personal issues.

Human Performance Focus

BLAME

In the DOE's extensive study of High-Reliability Organizations they found, among other things, an 'uneasiness' to blame the individual, and individuals possessing a deep desire to prevent errors. Along with management's intolerance for error traps that place people and the facility at risk, excellent performance is possible.