



SAFETY CENTER
INCORPORATED®

INSIDE SAFETY

September 2007

VOLUME 19 NUMBER 9

REAL LIFE FITNESS

Balancing exercise and work can be difficult. Even if you have a sedentary job, there are ways to include fitness into your day. Some suggestions to fit fitness into your day include:

Use half of your lunch break to go for a walk.

Walking is cheap and it's easy. It is a simple way to exercise that doesn't require a lot of equipment. Walking is good for you and you'll burn roughly the same amount of calories from walking as from running a mile.

The health benefits of walking are numerous. A consistent walking program can help reduce your risk of heart attacks and strokes. The National Institute of Diabetes, Digestive and Kidney Disease suggests that a regular walking program can result in:

- Lowered resting heart rate
- Reduced blood pressure
- Excess calories being burned
- Reduced stress
- Increased muscle tone

Use the stairs instead of elevators, stand while talking on the telephone and walk down the hall to speak with someone rather than using the telephone or e-mail.

Walking down the hall to speak with someone is not only good exercise, but also provides an opportunity for interaction with others.

Take time during the day to stretch and move around.

If you have back problems, stretching during work can be very beneficial. You should also

stretch to warm up before walking.

Schedule exercise on your calendar and treat it as any other important appointment.

If you schedule your exercise, you are more likely to do the exercise than if you hadn't scheduled it. Make the commitment to yourself and your health.



Stolen moments add up.

If you think that short bursts of activity have no effect on your fitness program, think again. According to Prevention Magazine, one study found that people who split their exercise into 10-minute increments were more likely to exercise consistently

and lost more weight after 5 months than people who exercise for 20 to 40 minutes continuously.

"Breaking exercise into small chunks on your overscheduled days can also keep your confidence up", says Harold Taylor, time management expert and owner of Harold Taylor Time Consultants in Toronto, Canada. "Skipping exercise altogether is 'demotivational'-you feel depressed and guilty. If you skip it, you tend to figure, 'What's the use? I can't keep up with it anyway.' Yet as long as you make some effort each day, that motivates you onward."

Getting Started

Before starting your exercise program, it's important that you check with your doctor. Below is a brief checklist to consult before you get started:

- Have you ever been told you have heart problems?
- When you do something active, do you get chest pain or pain on the side of your neck or in your shoulder or arm?
- Do you become out of breath easily after mild exertion?
- Do you have high blood pressure?
- Do you get dizzy?
- Do you have joint issues, such as arthritis, that could be made worse by heavy physical activity?
- Have you been relatively sedentary for most of your life and are over 50?

If you answered yes to any of these questions, it is very important that you discuss any exercise plan with your doctor prior to starting an exercise program.

Desk Aerobics

Your coworkers may laugh, but once they see the benefits, they'll be doing it too! Start a trend in the office and do a desk workout today !

The "Yes-Sir" Stretch

Clasp your arms behind your neck and gently move your head forward and back, ensuring you support the weight of your head. Repeat 7 to 10 times and gently release tension in your nodding, yes-sir muscles.

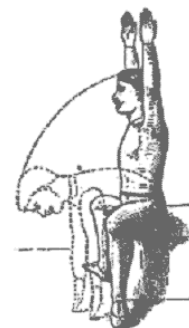


The Head Tilt

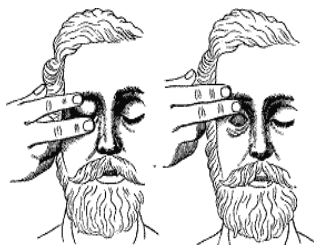
Take one hand and place it over your ear, and gently move your head over to the opposite shoulder. Repeat the exercise on the side. Stretch both sides 7 to 10 times and feel the muscles melt into a more relaxed mode

Feel the Floor

Before you start this abdominal desk exercise, first make sure your chair is not going to slide around, otherwise, you'll have a tricky conversation with your occupational health and safety representative! Stretch your arms out above your head, palms facing in toward each other, lifting your torso up out of your hips. Keeping your back long, gently bend from the hips forward to place your hands on the floor. Reverse movement and come back up to sitting. Repeat the exercise 5 to 7 times.



Eye Socket Soother



Place the index finger on the eyebrow and middle finger lightly on the eyelid. In a slow circular motion, gently massage the eyeball and eye socket. Be careful to place no pressure on the eyeball, and if you use contact lenses, only massage the eye socket. It's important to remember your eyes in your desk workout, as they spend many hours in a fixed focal length, straining your eye muscles.

Desk workouts are the new aerobics! Start a trend today and do desk exercises to burn calories, boost energy and improve concentration.

BLR Booklet: Wellness: How to Stay Healthy



Friendly illustrations drive home the important message that wellness is not just the flip side of sickness. Help your employees understand good living habits.

Topics covered in this booklet include:

- Do's and don'ts of eating habits
- How to quit smoking
- Dangers of too much alcohol
- Caffeine and other drugs
- Stress management
- Importance of exercise

Video of the Month

Back In Shape B19, 17 min.

Understanding how back/spine functions; Role of ligaments, muscles, vertebrae, disks and joints; Natural curve of the spine; Sitting, standing, and sleeping-proper posture.





Health News



Summer may be drawing to a close with the passing of Labor Day, but the heat will stay for a few more weeks. Taking precautions against heat illness and heat stress prevention programs should remain a priority until all the summer's heat has passed.

High temperatures, humidity, direct heat or sun exposure, limited exposure to fresh air, failure to acclimatize, high physical exertion, poor physical conditioning and reactions to certain medications can cause heat stress to be a factor for workers.

Heat can also increase the likelihood of injury due to tools slipping from sweaty palms, vision obscured by sweat, fogged safety glasses and dizziness. Sunburns are also a factor in direct sun exposure.

Technological advances have created personal protective equipment that makes it easier for employees to stay cool and safe in the heat. Cooling pads are available that can be inserted in hard hats and worn around the neck. Some hard hats are available with venting to help cool the head.

Protective eyewear is available that has ventilation and anti-fog lenses. Cooled sweatbands can be used to prevent sweat from running into the eyes.

Leather palmed cotton or denim backed gloves allow increased air circulation while still protecting hands. Liners are available for gloves to help absorb sweat. Other gloves have mesh or perforations to increase airflow for comfort and cooling.

Loose-fitting, light-colored cotton clothing helps the wearer stay cool by drawing perspiration away from the skin and allowing increased air circulation.

Proper hydration is one of the most important elements in heat illness prevention. Always make sure there is clean potable water available. Encourage workers to drink water, not caffeinated or alcoholic beverages to stay cool. The California Heat Illness Standard mandates one quart of water per employee per hour should be available. Employees should be trained in the importance of frequent consumption of small quantities of water, up to 4 cups per hour under extreme conditions of heat and work. NIOSH recommends employees should drink five to seven ounces of fluids every 15 to 20 minutes.

Open Enrollment Courses for September, October & November 2007

September

- 20 Cal/OSHA-8 Residential Framing
- 21 Competent Person Excavation
- 25 OSHA Recordkeeping Requirements
- 26 Conducting Safety Inspections
- 27 Conducting Accident Investigations
- 27 Competent Person Fall Protection
- 28 Defensive Driving Course 4 Hour

October

- 1-5 Loader Family Instructor
- 9-12 First Aid/CPR/AED Instructor
- 10 Cal/OSHA-8 Instructor Recertification
- 15-18 Premium Forklift Instructor
- 16 Establishing a Successful Safety Program (SCA)
- 17 Industrial Hygiene (SCA)
- 18 Selling Safety (SCA)
- 19 IVES Instructor Recertification
- 19 Competent Person Excavation
- 22-25 Premium Forklift Instructor (SCA)
- 23-25 Training Programs and Presentations

- 24-26 Cal/OSHA-8 Construction TTT (SCA)
- 24 Cal/OSHA-8 Residential Construction
- 25 Cal/OSHA-8 Instructor Recertification (SCA)
- 25 First Aid/CPR
- 26 Defensive Driving Course 4-Hour
- 26 IVES Instructor Recertification (SCA)

November

- 5-6 Forklift Instructor Express (SCA)
- 5-8 Aerial Lifts Instructor
- 6 Establishing a Successful Safety Program
- 7 Industrial Hygiene
- 8 Selling Safety
- 9 Safety Management for Managers and Supervisors
- 9 Competent Person Excavation
- 12-13 Forklift Instructor Express
- 14 Cal/OSHA-8 Commercial Construction
- 28 Confined Space Awareness
- 30 Defensive Driving Course 4-Hour

Please visit our website: www.safetycenter.org for updates and course descriptions

All courses are held at Safety Center's Sacramento Campus, 3909 Bradshaw Road, Sacramento, CA 95827 except those noted with "(SCA)" for Southern California courses. Please contact Gayleen Grigoreas at (909) 693-6127 to enroll in Southern California courses.

Travel Fitness

Traveling for Business? Work in a workout! When you travel, exercise doesn't have to stay at home. Here are some simple tips to maintain your fitness program away from home.

Pack for fitness. Before your trip, call your hotel and ask about on-site or nearby fitness equipment-such as treadmills, weight machines, pools, etc. Take your tennis shoes, exercise clothes and swimsuit.

Wear your walking shoes when you travel. If you are traveling by plane, check your luggage early and walk briskly through the terminal while you're waiting for your flight and pump your arms to increase your heart rate. During your flight, get up once an hour to stretch and walk.

Walk up and down the halls of your hotel. Climb the stairs or swim laps in the hotel pool. Do jumping jacks or skip rope.

Hours of travel and back-to-back meetings may leave little time in your schedule for exercise but a small amount of dedication and planning can help you stay in shape when traveling.

Depression and Exercise

Depression can be a debilitating condition that impacts all areas of life. Doctors at The Mayo Clinic have found positive treatment outcomes from prescribing regular doses of exercise in addition to traditional drug therapies. While exercise is not a cure for depression, its psychological and physical benefits can alleviate some of the symptoms of depression.

Dr. Kristin Vickers-Douglas, a Mayo Clinic, Rochester, Minn. psychologist states that an exercise is not "a magic bullet, but increasing physical activity is a positive and active strategy to help manage depression and anxiety." Even if it is difficult to do more than a few minutes at a time at first, it only takes 10-15 minutes of activity to significantly improve your mood.

Depression and anxiety disorders can make mundane activities like simple household chores, showers or going to work overwhelming. So how do you begin? A Mayo Clinic report suggests that you get your doctor's support. Identify what you do enjoy and figure out what type of exercise or activities you're most likely to do. Set reasonable goals. You do not have to walk an hour a day. Think realistically about what you can

do. Can you walk for twenty minutes? Ten minutes? Five minutes? Start wherever you are and build up. Tailor your plan to your own needs and abilities rather than trying to meet idealistic guidelines that will just add pressure and cause anxiety.

If exercise is just another "should" in life that you don't think you are living up to, you'll associate it with failure. Instead, look at your exercise schedule the same way you look at your therapy sessions or medication-as one of the tools to help you get better.

Prepare for setbacks and obstacles. Exercise isn't easy or fun and it's tempting to blame yourself for that. People with depression are especially likely to feel shame over perceived failure. Don't fall into that trap. Give yourself credit for every step in the right direction, no matter how small. If you skip exercise one day, that doesn't mean you're a failure and may as well quit entirely. Just try again the next day.

"Some people have the idea that being physically active is supposed to be easy and natural," say Dr. Vickers. "Some think of it as just having enough willpower. But that really oversimplifies it and can make us feel like failures. You can't just rely on willpower. Identify your strengths and skills and apply those to exercise." For more information on exercise and depression, visit mayoclinic.com.

Cancer and Exercise

Decreased activity, which may be the result of cancer itself or treatment, can lead to tiredness and lack of energy. A 2006 Cleveland Clinic Foundation report found "regular, moderate exercise can decrease (feelings of tiredness), help you stay active and increase your energy." Even during cancer therapy, it is often possible to continue exercising.

Some guidelines to keep in mind are: Check with your doctor before beginning an exercise program.

- Exercise at least three times a week.
- If you experience soreness, stiffness, exhaustion, or feel out of breath as a result of your exercise, you are overdoing it.

Most exercises are safe, as long as you exercise with caution and do not overextend yourself. The safest and most productive activities are swimming, brisk walking, indoor stationary cycling and low impact aerobics. These activities carry little risk of injury and benefit the entire body.



SaFIE UPDATE

Join the Safety Forum of the Inland Empire – a new organization designed to help company owners, managers, HR people, and Safety Directors create and maintain a safer workplace through education, training and support on regulatory compliance issues, the latest developments in the field, new equipment and methodologies, training and certification.

The September meeting will feature guest speaker Michael Alvarez, Regional Manager of Cal/OSHA Consultation Services from Sacramento, CA. Learn about the free consultation services you can receive that are confidential and will not be shared with OSHA Enforcement. Learn more about what services are available. Learn about the different recognition programs and awards for demonstrating an effective Injury and Illness Prevention Program.

September 18, 2007

7:30 am – 9:00 am

The Goldie S Lewis Community Center
11200 Baseline Rd., Creative Corner Rm.,
Rancho Cucamonga, CA 91730

\$10 at the door

RSVP, seating is limited.

(909) 693-6127 or (909) 937-0510



MEMBERS

Only

Welcome New Members!

Smith Flat Construction

Huhtamaki

Desert Empire Insurance Services

James Broker-Tesoro Refining & Mrkting



Inside Safety Newsletter is published monthly by

Safety Center Incorporated

3909 Bradshaw Road

Sacramento, CA 95827-3891

Content is copyrighted by SCI or used with permission, with all rights reserved.

Publisher: Elizabeth McClatchy

Editor: Jerry Bach, CSHM

Assoc. Eds.: Rhondalyn Moran &

Geraldine Joerger

Layout: Rhondalyn Moran