

## WEEKLY SAFETY TIP - 1/11/10 - HOW TO ACHIEVE YOUR HEALTHY 2010 GOALS

We are now 11 days into 2010. Did you make a resolution about improving your health? How are you doing with that? Having trouble staying on course? You are not alone. A survey from the American Heart Association reveals that 58 % who make resolutions for a healthier year, make excuses not to exercise.

It's easy to make excuses in the shelter and privacy of our own homes. But what if your goal for a healthier you in 2010 was incorporated into your work place?

Workers with healthy lifestyles are an important component of healthy and safe workplaces. According to an article in the Harvard Business Review on Creating a Heart-Healthy Workplace (November 9, 2009), employers pay "... \$160 billion in lost productivity. The AHA estimates that up to 30 % of medical costs paid by businesses each year are spent on employees with risk factors for cardiovascular diseases such as cigarette smoking, excess weight, physical inactivity, high blood pressure, high cholesterol, and diabetes." (To read the full article, download it from the SCM website through this link: [http://www.scm-safety.com/weekly\\_tips.html](http://www.scm-safety.com/weekly_tips.html))

The National Institute for Occupational Safety and Health (NIOSH) promotes worker health through their WorkLife Initiative. From their webpage, we read, "Just as workplace conditions can affect health and well-being at home and in the community, exposures, activities, and conditions outside of working hours can substantially determine health, productivity, and responses to exposures during work." (Link here for Work Life Initiative: <http://www.cdc.gov/niosh/worklife/>)

So a healthy worker can be a safer worker. So how do you do that? Here are some ideas.

1. The American Heart Association StartWalkingNow Program. This is a comprehensive program, including an e-tool to track your walking goals and eating plans, a page to personalize your plan, and even a page for businesses and organizations to incorporate the plan into the workplace. You can start on their homepage through this link: <http://www.startwalkingnow.org/home.jsp>.
2. The NIOSH WorkLife Program. This is more than just a research program. Through the topics linked on the right hand of the site, you can read more about specific ways to stay safe. The program is linked here: <http://www.cdc.gov/niosh/programs/worklife/>.
3. Contact your physician, insurance carrier, or go to a free medical advise site such as webmd.com. A quick search on webmd revealed this article on healthy workplace snacks, linked here: <http://www.webmd.com/diet/features/easy-healthy-workplace-snacks>.

**SPECIAL NOTE REGARDING LAST WEEK'S SAFETY TIP.** We received many responses about what was wrong in that picture. All were very good. Lisa Alexander of the Massachusetts Department of Environmental Protection won the SCM TShirt. We will be

publishing our thoughts on the pictures from this quarter in our Quarterly Safety Newsletter in March.