

JUNE 2024

# PLAN FOR HEALTH NEWSLETTER

## THIS MONTH'S TOPICS:

- **National Safety Month**
- **Ergonomics**
- **June Recipe: Pasta with Cherry Tomatoes**

## NATIONAL SAFETY MONTH

National Safety Month is celebrated in June when people focus on how they can keep their environment safe and free from any danger in our workplace and our homes. Become aware of your working conditions and better understand how you can help to create a safer environment for yourself and your coworkers.

- **Reinforce Safety Policies** - Remind your coworkers that policies are put in place to keep them safe but are only effective if they are consistently reinforced.
- **Encourage Employee Engagement** - Encourage your coworkers to provide feedback regarding workplace hazards that may affect their ability to do their jobs well.
- **Build Trust and Accountability** - Ask your supervisor to implement daily safety messages that helps to create a sense of accountability among coworkers.

Below are some of the benefits of maintaining a safe working environment.

- **Prevents Death and Injury** - The death or severe injury of a coworker due to poor safety conditions can be a very devastating experience which may lead to an increase in poor mental wellbeing and the feeling of being unsafe while on the job.
- **Product Quality and Employer Loyalty** - When we work under safe conditions, we are likely to be more dedicated to our work, which means higher quality of products and services, and creating a higher sense of job satisfaction.

It is also very important to practice safety first in our homes to keep our families out of harm's way and prevent dangerous situations by doing the following:

- **Conduct a Home Fire Drill** - Taking precautionary measures can prevent severe damage from fire. Keep a fire extinguisher in an easy to reach place away from heat and moisture. Select a safe meeting place close to your home and test your fire alarms and perform a mock fire drill.
- **Update your First Aid Kit** - Keeping an updated, professional first aid kit is a simple yet effective way to keep yourself prepared for unforeseen emergencies. Stock it with bandages, dressings, tape, ointments, wipes, aspirin, gloves, scissors, and gauze pads. Make sure to check the first aid kit regularly and remove ointments and medications that have reached their expiration dates.
- **Practice Self-Defense** - It's always good to be mentally and physically prepared to face any unforeseen harm or danger. The best part about self-defense is that anyone can learn to improve their strength and agility by practicing different techniques like karate, boxing, etc.
- **Know Your Neighbors** - A neighborhood where people look out for one another is a great security measure. One of the easiest, cheapest yet commonly overlooked home security tips is to simply get to know your neighbors. Keep them in the loop with your general schedule and alert them to vacations so that they can keep an eye on your home while you are away.



## ERGONOMICS and MUSCULOSKELETAL DISORDERS (MSDS)

Per the Occupational Safety and Health Administration (OSHA), musculoskeletal disorders (MSDs) can affect the muscles, nerves, blood vessels, ligaments, and tendons. Different occupations can cause workers to be exposed to risk factors at work such as lifting heavy items, bending, reaching overhead, pushing and pulling heavy loads, and performing tasks repetitively.

### Impact of MSDs in the Workplace:

Work-related MSDs are among the most frequently reported causes of lost or restricted work time. Employers are responsible for providing a safe and healthful workplace for their workers. In the workplace, the number and severity of MSDs resulting from physical overexertion and their associated costs can be substantially reduced by applying ergonomic principles.

Implementing an ergonomic process is effective in reducing the risk of developing MSDs in high-risk industries. Work-related MSDs can be prevented by being mindful about ergonomics (i.e. fitting a job to a person) can help:

- Lesson muscle fatigue
- Increase productivity
- Reduce the number and severity of work-related MSDs
- Reduce costs such as medical care, work, and home productivity, etc.

### Program Highlight: Stretches for the Workday

Stretching for a few minutes each day can help you maintain or improve your physical health. In fact, stretching has been found to increase productivity and boost energy. This program will provide you with a series of stretches that are designed to fit into your workday. These stretches will target all major muscle groups and can be performed anywhere, whether seated or standing. Go to your member app or website and explore the Program Library on the Journey tab to learn more.



### Improving Ergonomics

According to OSHA, many industries have successfully implemented ergonomic solutions in their facilities to address their workers' MSD injury risks. These interventions have included modifying existing equipment, making changes in work practices, and purchasing new tools or other devices to assist in the production process. Making these changes has reduced physical demands, eliminated unnecessary movements, lowered injury rates and their associated workers' compensation costs, and reduced employee turnover. In many cases, work efficiency and productivity have increased as well.

Scan the QR codes below for additional ergonomics resources.

#### Office/Desk



#### Manual labor/lifting



#### Exercises in the workplace

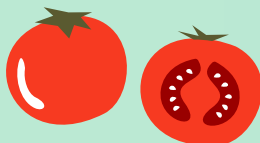


## June Recipe: Pasta with Cherry Tomatoes

Fresh delicious pasta with cherry tomatoes, basil, garlic, and olive oil

Prep Time: 5 minutes

Cook time: 20 minutes



### Ingredients

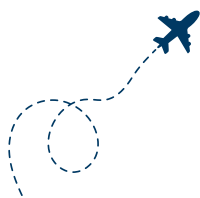
- 1 pound spaghetti
- 1 quart cherry tomatoes halved
- 1/2 cup packed basil leaves
- 6 cloves garlic sliced
- 1 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1/4 cup olive oil
- 1/4 cup extra virgin olive oil
- 1 cup pasta water

### Directions

1. In a large pan set to medium-low heat, sauté garlic in a 1/4 cup of olive oil until golden (about 3 minutes). After garlic begins to turn golden, add tomatoes and sauté for 2 minutes longer. Season tomatoes with 1 tsp kosher salt and 1/4 tsp crushed red pepper flakes.
2. Meanwhile cook pasta to al dente in salted (2 Tbsp kosher salt per gallon) water.
3. Add 1 cup of pasta water to pan and cook for 1 minute longer. Next, add the pasta and toss to coat. Mix well and taste test, adjusting salt and pepper levels if necessary.
4. After 1 more minute of cooking, remove pan from heat and add 1/2 cup of torn basil leaves. Drizzle a 1/4 cup of extra virgin olive oil on to pasta and serve.

### Notes

- 1 teaspoon kosher salt was added, adjust to taste.
- 1/4 teaspoon crushed red pepper flakes are optional.
- Make sure to reserve extra pasta water, to thin sauce.
- Serve with extra virgin olive oil, crushed red pepper flakes, and grated cheese.



Stay tuned for July's topics:  
Travel Health, Safety and Unplugging

