

HEALTHY WORKERS ARE SAFER WORKERS

Exercise



According to the National Safety Council, "overexertion causes 35% of all work-related injuries." Exercising and stretching on a regular basis may help reduce and prevent overexertion injuries.

Self-Care



1 out of 4 PCSC members said stress at work causes them to work unsafely, 13% cited stress out of work! Regularly practicing self-care may significantly help reduce stress inside & outside of work!

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Sleep and Nutrition



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Self-Care



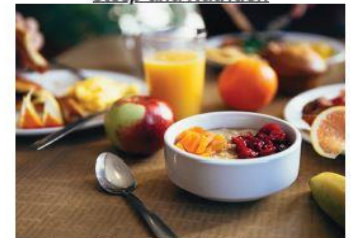
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42% of PCSC members said complacency or a lack of awareness caused them to work unsafely! According to an article by the American Society for Safety Professionals, practicing mindfulness at work may help improve situational awareness.

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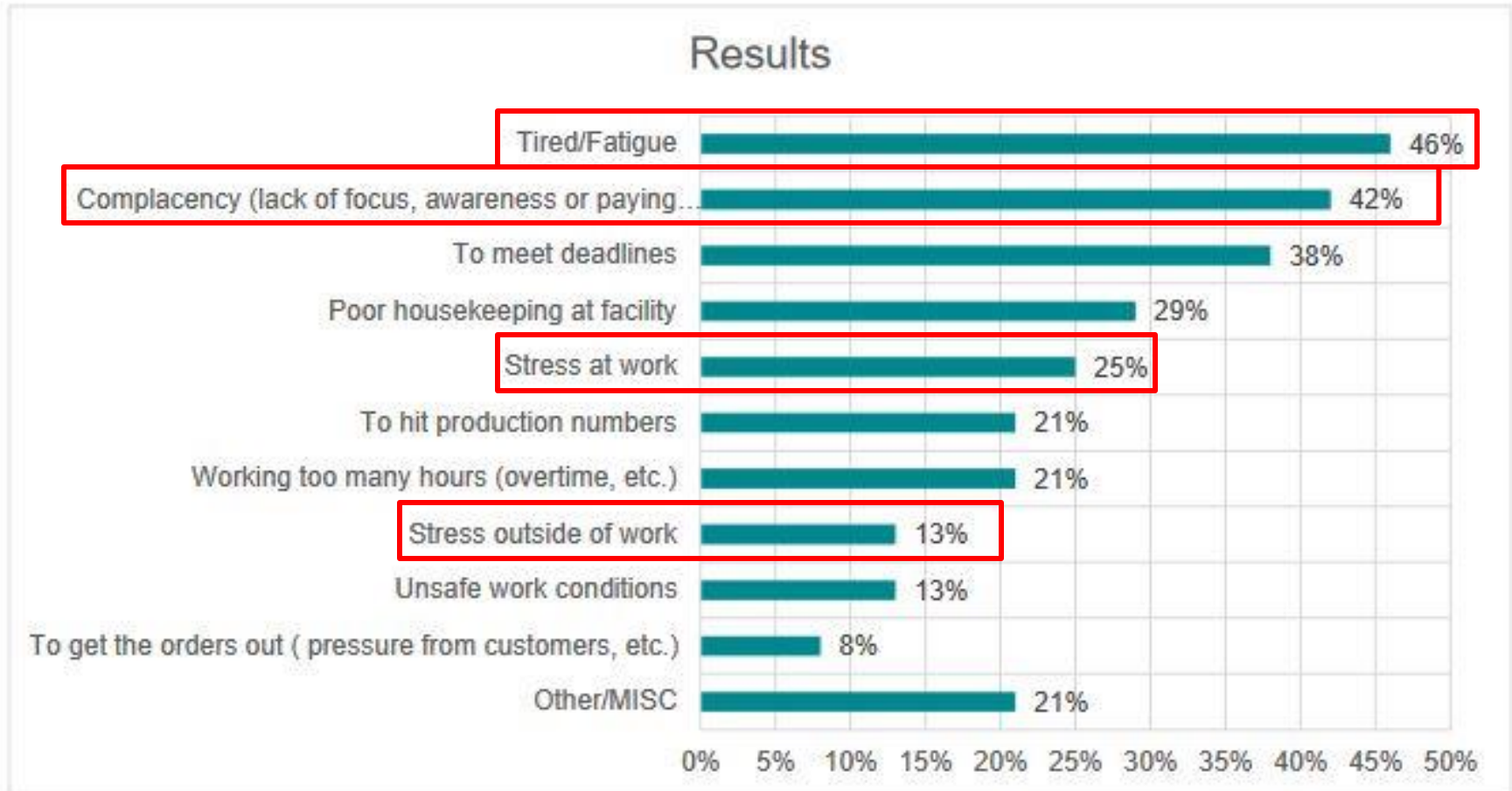


Why the “*Healthy Workers*” Campaign?

1. Research shows improved worker health & wellness can significantly reduce workplace related injuries
2. Our *Why I Stay Safe* campaign survey showed that many of the factors causing PCSC member employees to work unsafe could be significantly reduced by improving workplace health & wellness.

Factors Causing Pressure to Work Unsafely

When you are tempted or feel pressured to work unsafe, what are some factors that cause that temptation or pressure? (Check all that apply)



Solutions-based; focused on 4 key areas:

1. Exercise
2. Sleep & Nutrition
3. Self-Care
4. Awareness

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FREE CAMPAIGN RESOURCES

**HEALTHY WORKERS ARE
SAFER WORKERS**

Are available on our website right now!

www.PortageCountySafetyCouncil.wordpress.com

Free Campaign Poster

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SUMMIT COUNTY
SAFETY COUNCIL



Family & COMMUNITY
SERVICES INC.

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Engaging Your Workforce In Wellness

A case for implementing employee health and wellness programs.



- Increase Productivity!
- Reduce Absenteeism!
- Reduce Healthcare Costs!
- Reduce Workers' Compensation Costs!
- Improve Morale & More!

Portage County

Workforce Health & Wellness Coalition

PAGE 1

Walking: Step Into a Healthier Workforce

Step Into a Healthier Workforce

Walking improves your muscle strength and makes the muscles more sensitive to glucose, the molecule your body breaks down to produce energy. Having stronger muscles helps you process the glucose in your system more effectively and efficiently, thereby reducing the risk of Type 2 Diabetes.

Each time your foot strikes the ground you send a vibration through your system. When you walk, your muscles get stronger. These vibrations and the stronger muscles place healthy tension on your bones, causing them to become stronger as well.

To gain the optimal health benefits, it is recommended that you walk 30 to 40 minutes a day. Some studies indicate that you can break these walks into three or four 10-minute walking sessions.

Benefits to Employers

- Walking is the easiest behavioral change that improves health
- It is usually the easiest and least expensive activity to implement in the workplace
- It is the physical activity with the lowest dropout rate
- Even employees with health issues can participate with a doctor's approval
- It improves productivity through increased physical and mental well-being
- Reduces the risk of 5 out of the top 10 risk predictors of future illness

Benefits to Employees

- Weight control
- Lower blood pressure and cholesterol
- Prevents or helps to manage Type 2 Diabetes
- Prevents osteoporosis by strengthening bones
- Decreases stress
- Improves sleep
- Improves balance and coordination



Walking the most ancient
exercise and still the best

Did you know?

If you did not change the number of daily calories you take in, but add a 30-minute walk each day, you would lose weight. If you weigh 150 pounds you would lose 10-pounds per year. Walking uses energy, thereby releasing stress. brisk walking causes the release of endorphins which are the hormones that elevate our sense of happiness. This feeling of well-being makes it easier to face our daily challenges with a sense of calm engagement.

Walking Returns

Walking reduces 5 out of the top 10 risk predictors of future illness. If employees reduce these risk factors by being physically active, the cost of treating these illnesses goes down. Employees with 3 or less illness predictors cost almost half in healthcare costs than employees with 4 or more predictors.