



BalanceWorks® Newsletter



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Employee Safety

June is National Safety Month. The purpose of this annual observance is to educate and influence behaviors around the leading causes of preventable injuries and death. We consulted the National Safety Council website for information on timely and pressing employee safety issues and strategies for staying safe.

This year the National Safety Council decided on the theme “safety starts with me”. The overall goal of this campaign is to empower each employee to actively create a culture of safety. This is achieved by taking personal responsibility for one’s individual safety as well encouraging safe behaviors among their co-workers, family and friends. Three times as many individuals are injured off the job than while at work, which is why this year’s theme highlights the importance of practicing safe behaviors 24/7.

This June, the Safety Council is focusing on 4 specific areas of employee safety including employee wellness, preventing slips, trips, and falls, ergonomics, and driving safety. We will explore and provide recommendations from the National Safety Council on each of these areas of employee safety.

Employee Wellness

The World Health Organization reports that healthier eating, increased physical activity, reducing the use of alcohol, and quitting

smoking could help prevent at least 80% of heart disease, stroke, and type 2 diabetes cases as well as over a third of all cancer cases.

Eating healthy reduces the risk of many chronic diseases and obesity, which is why The National Safety Council recommends:

- Making sure half of your plate consists of fruits and vegetables
- Ensuring that at least half of the grains you eat consist of whole grains
- Choosing fat-free or low-fat milk, yogurt and cheese
- Drinking water instead of sugary drinks
- Choosing lean sources of protein – such as seafood, turkey and chicken breast, eggs and beans
- Choosing foods with less sodium – look for “low sodium” and “no salt added” on food packages
- Eating seafood each week – such as salmon, tuna or crab. Wild caught is best!
- Paying attention to portion size – when eating out, avoid “supersizing” your meal or take some home for later

In addition to healthy eating, adults are encouraged to engage in at least 30 minutes of moderate exercise five days a week to help control blood pressure, manage weight, strengthen your heart and manage stress levels. Try to incorporate a few of the following activities into your daily routine:

- Take a brisk walk at lunch
- Go for a bike ride after work

For more information or support on safety, contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

eni’s **BalanceWorks®** program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





- Complete yard work
- Join a gym or sports league
- Swim laps in a pool

Preventing Slips, Trips and Falls

Most falls are actually preventable and are a result of physical hazards in the environment, age-related issues and health conditions.

The National Safety Council recommends removing common fall hazards by:

- Keeping floors and stairs clean and clear of clutter
- Maintaining good lighting both indoors and on outdoor walkways
- Ensuring that cords are kept out of high traffic areas
- Using non-skid throw rugs in potentially slippery places, like bathrooms
- Installing handrails on stairways and porches
- Using a sturdy step stool when climbing or reaching for high places
- Cleaning up all spills immediately
- Wearing sensible footwear
- Never standing on chairs, tables or rolling surfaces
- Arranging furniture to provide clear and open walking pathways
- Periodically checking the condition of outdoor walkways and steps and repairing as necessary
- Removing fallen leaves or snow from outdoor walkways
- Being aware that alcohol or other drugs, including prescription and over-the-counter medicine, can affect your balance and increase risk of falling

Ergonomics

Ergonomics involves designing the job environment to fit the person in order to work smarter and prevent conditions such as overexertion. Ergonomic conditions are disorders of the soft tissues, specifically of the muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels and spinal discs. The National Safety Council warns that these conditions are often caused by factors such as:

- Overexertion while lifting, lowering, pushing, pulling, reaching or stretching
- Repetitive motions
- Working in awkward positions
- Sitting or standing too long in one position
- Using excessive force

Symptoms of an ergonomic condition include:

- Pain
- Swelling
- Numbness
- Tingling
- Tenderness
- Clicking
- Loss of grip strength

Be sure to see a doctor if you are experiencing any of these symptoms to determine the cause of your pain and get prompt treatment.

Driving Safety

Driving is something many of us do on a daily basis, but as we all know, driving can be very dangerous when one is distracted. Therefore, it is so important to take the following precautions when operating a motor vehicle:

- Refrain from using your cell phone
- Always wear a safety belt
- Make sure every passenger is wearing his or her safety belt before you begin your drive
- Children should sit in the back and use the proper child safety seat or booster seat
- If you plan on drinking, designate a non-drinking driver for the evening and never get in the car with an intoxicated driver
- If you have been drinking and need to get home, call a friend or utilize public transportation
- Keep your emotions in check and don't take frustrations out on other drivers
- Plan ahead and allow enough time for delays
- Focus on your own driving
- Don't tailgate or flash your lights
- Use your horn sparingly

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