

## 2ND QUARTER SAFETY MEETING

The second quarter safety meeting of 2008 will be held on Tuesday, July 22nd at The Holiday Inn, Norwich at 6:00 pm. There will be a buffet meal served.

We will also have a representative present from our insurance company to answer any questions that you may have concerning insurance benefits.

She will be bringing along a nurse that will do a free, **confidential** blood pressure screening and/or a body mass index screening. This information is strictly between you and the nurse and will not be given to anyone else. These screenings are important for each one of you and should be done regularly to detect any potential problems that other-

wise could go undetected. **And there is no cost to you.**

The drawing for the \$1500 gift card from Best Buy will also take place at this meeting. Don't miss out!!

As always, there will be drawings for 8 - \$150 cash awards and a door prize.

*Plan to join us on the 22nd.*



"Er - Bill, let me explain what I meant by 'better housekeeping'..."

# Team Safety

## Healthy Hearts = Healthy Workers

Unfortunately, a lot of people's hearts aren't as healthy as they should be. That's why heart health is an important workplace wellness issue--one that deserves attention. So to help you out, here's some useful information you can consider.

**Controllable risk factors.** Risk factors are characteristics that increase a person's chance of heart disease. The following risk factors are controllable--by avoiding them you can reduce your risk of heart attack:

- *Smoking.* Smokers are more than twice as likely to have a heart attack than nonsmokers. Smoking increases blood pressure and heart rate, and narrows blood vessels.
- *High blood pressure.* The heart has to work harder when a person has high blood pressure. Over time, the heart enlarges and gets weaker, creating stress on the heart muscle.
- *High cholesterol.* A diet high in cholesterol and/or fat often causes atherosclerosis (a condition when plaque builds up along the walls of the arteries). Blood clots are more likely to form in these narrowed arteries and cause a heart attack.
- *Obesity.* People who are more than 20 percent over their ideal body weight have an increased risk of a heart attack. Being overweight increases the workload on the heart and arteries.
- *Sedentary lifestyle.* Lack of exercise can increase cholesterol levels and pack on the pounds.
- *Stress.* Anxiety and tension can trigger angina and other heart problems in some people.
- *Uncontrolled diabetes.* Diabetes affects the amount of cholesterol in the body. Studies show that heart or blood vessel disease is the cause of death in more than 80 percent of diabetics.

**There are some uncontrollable factors you should know about, too.**

Unfortunately, these are not controllable but knowing and recognizing that these factors exist can give you a chance to take extra care to change any avoidable risk factors. The fewer risk factors present--controllable or uncontrollable--the lower the risk of heart disease. Uncontrollable risk factors include:

- Family history of heart trouble (if someone in the family has heart disease, your risk goes up)
- Race (although African Americans don't have a higher risk of heart attack, those attacks they do have are often more damaging)
- Age (the older you are, the greater the risk)
- Gender (men are more likely to have heart attacks than women, but women are gaining)

**It is important for your health to make some heart-healthy changes if you recognize any of the risk factors outlined above.** What can you do to keep your heart healthy and reduce the risk of heart attack? Plenty! Here are some things everyone can do:

- Maintain a healthy diet low in fat and refined sugar and high in fruits and vegetables (at least five servings a day).
- Get some exercise at least 30 minutes four or five times a week).
- Manage stress effectively (learn stress management and relaxation techniques).

**Some people, however, have to do a little more:**

- Smokers need to stop smoking-it's the best way to help prevent a heart attack.
- People with high blood pressure need to lower it with diet and exercise or medication when necessary.
- Those who are seriously overweight should begin a weight control program that combines a healthy weight-loss diet and physical activity.
- Diabetics should see the doctor regularly to monitor the disease, maintain a healthy diet, and get some exercise every day.