

Wellness and Injury Prevention January Newsletter



January Birthdays

Bethpage: Briandarius Williams, Angel Albino, John Mucaria, Robert Szczepan, Herberth Chicas, Joseph Davis, Christopher Lane, Antonio Rios, Gelber Pasparico, Emmanuel Romelus, Josy Menelas, Albert Adragna, Jose Cotto, Richard Healy.

HBG Managed: David Byers, Shaun McHugh, Ricky Glendenning, Harry Graves, Marlon Mears, Brian McClain, Adam Winemiller, Darrell Walton, Dave Biebel, Brian Covey, Clinton DeMoss, Maruf Daverov, William Martin

Denver: Jai Bransford, Hector Garcia, Daniel Murray



January "Years of Service"

30 Years: Dave Demchak Sr

11 Years: Tom Condon

8 Years: Tory Poole

6 Years: Frank Carreira Jr

5 Years: Jorge Medina

4 Years: Jeffrey Smulik

3 Years: Cruz Arevalo

2 Years: Edward Kennedy, Jeremy Romero, Robert Dadurka, Winston DeLeon, Gary Henderson

1 Year: George Shaw, Tonia Poole, Brian McClain

Thank you for your service!

Your Guide to Avoiding Winter Illnesses

Over the course of one year, 1 billion Americans will suffer from the common cold, according to the Centers for Disease Control and Prevention (CDC). The CDC also reports that winter is peak cold season. This should come as no surprise when you think about how many people you see sneezing and coughing during the colder months. Fortunately, you can keep these illnesses at bay and stay healthy with a little effort. Here's how:

- Avoid close contact with people who are sick and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.
- Don't touch your eyes, nose or mouth if your hands aren't clean.

Entering and Exiting the tractor

We have had several Slip/Fall injuries from drivers stepping down out of their tractor the wrong way. Please take your time and enter/exit your vehicle correctly. No one wants an injury. Injuries happen without warning. They happen quickly. They happen when you least expect it.

You should never enter or exit your tractor like this.

In other words, avoid the habit or temptation of grabbing the door as you step out of the tractor.

Grabbing the door is the wrong way to step down out of a tractor even though the driver is using 3 points of contact.

If the driver slips, they will fall to the ground and/or injure his left shoulder.

WHY? Because their hands are not in their "Power Zone." The power zone is from your shoulders down to your waist and **directly in front of you.** You should extend only as far as necessary. And remember the number one cause of most injuries is inattention and being in a hurry



Sleep Apnea: 28% of all drivers have experienced Sleep Apnea

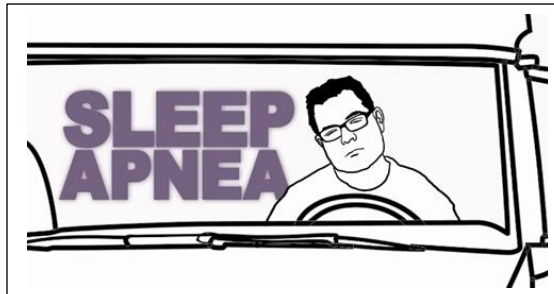
Apart from making you 2 – 7 more likely to have an accident. APNEA also can cause; Depression, Irritability, Learning difficulties, and Memory loss
50% of drivers with Sleep APNEA also have high blood pressure.

Increases your chances of Heart Attack/Stroke

Some things that can help

Lose weight

Cut out alcohol



SAFETY FIRST

INFORMATION DEDICATED TO DRIVER SAFETY



AHEAD OF
THE CURVE

Stress Management

Common job stressors include a heavy workload, intense pressure to perform at peak levels, job insecurity, long work hours, excessive travel, office politics, and conflicts with co-workers. While dealing with stress is a normal part of everyday life, the following warning signs serve as red flags, alerting you to stress on the job:

Insomnia, Anxiety or depression, Low morale, Short temper, Headache, Stomach or back problems.

The good news is that it is possible to manage job stress by becoming aware of what increases or decreases your level of stress.

- **Take a break:** To release stress, make time to take a break. Taking a walk or talking to someone may help you to gain a fresh perspective.
- **Healthy eating:** By eating healthy, your body will feel better leading to reduced stress levels.
- **Exercise:** This is a great way to relieve some stress while adding activity to your weekly routine.
- **Set a budget:** Much of daily stress has to do with financial concerns. By understanding how much money you make, what your bills are, and the costs for food and other items, you will have a better understanding of where you are financially and where you spend the most money. This will also help you see where you have the ability to save money.
- **Humor:** Humor is a great relaxer. Listening to a comedian can help take your mind off the stressors in your life.
- **Deep breathing:** If you notice yourself getting stressed, stop and take three deep breaths. This helps you gain perspective and think before reacting to the situation.
- **Plan and prioritize:** Do not panic, set realistic deadlines, do not rush into the first idea you have, and always have an alternative plan.
- **Focus on what you can control:** Create a list to prioritize your work. Break larger tasks into smaller, more doable steps. Understand that things like traffic and detours are out of your control.

Six Fundamental Ways to deal with stress

Three are mental & three are physical

1. **Adjust your thinking;** See the problem as a challenge. Make a plan for what you can control. What you cannot control can get worse if you do not stay calm. Make a commitment to not give up
2. **Learn to Problem solve;** Break the problem down into smaller pieces. Create a plan to resolve each smaller piece individually
3. **Communication;** Vent – Talk to others, make them a sounding board.
4. **Exercise;** Start out small, but stay consistent (3 – 4 times a week)
5. **Diet and Sleep;** Avoid junk foods (with lots of fat and salt). Get a good night's sleep
6. **DO SOMETHING FOR OTHERS;** Acts of kindness (especially while driving)

A **New Year's resolution** is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal, or otherwise improve their life.

10 Sure Ways to Keep Your New Year's Resolutions

1. Keep your resolutions simple. ...
2. Choose carefully. ...
3. Be realistic. ...
4. Create bite-sized portions. ...
5. Plan a time-frame. ...
6. Make notes. ...
7. Treat yourself. ...
8. Receive support.

How long do New Year's resolutions last on average?

New Year's resolutions are a flawed way to reach an admirable goal—becoming the best version of ourselves. reports a higher success rate. Both agree that about a third of **resolutions do** not make it past the first month. indicate that on **average** it takes approximately 66 days before a **new** habit becomes automatic

