



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Wellness Newsletter

June: National Safety Month

*** WELLNESS CENTER OPEN HOUSE: June 9th thru 14th ***

How To Protect Yourself from Injury

Injuries are a leading cause of disability for people of all ages, and the leading cause of death for Americans ages 1 to 44. When people practice safe behaviors, they can help prevent injuries, and even death.

Here is a checklist for practicing safe lifting:

Plan and Prepare. Take a moment to be sure you have a clear path and avoid slippery surfaces.

Use a wide base of

support for good balance. Plant your feet shoulder width apart. This improves your stability.

Keep the load close. This reduces strain on your low back. The further away you hold the item, the greater the forces on your spine, which increases your risk for potential injury.

Engage your core muscles. Tighten your abdominal muscles to help brace your spine from shifting

when you lift.
Lift with your legs. Bend at your hips and knees—not your back! This allows your large hip & leg muscles lift you and your load.

Avoid twisting. Pivot your feet while moving the load from one point to the next.

And remember . . .
Test your load. If it's too heavy, get a lifting device or someone to help you. (References: National Safety Council, Back care boot camp)

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What's Happening?

*** W.C. OPEN HOUSE ***
June 9th—14th. Bring in your workplace safety ideas and enter our raffle for prizes. Body Mechanics & Deskercise demonstrations 11-1 pm Tuesday & Thursday. (See the website Event calendar for more details)

BLOOD DRIVE's this month-
June 13th at CHNRC (Judy 465-1206)
June 17th at Library-CMCH (Carly 465-6386)



Above: Our great CMC employee Heart Walk Team !

WORKPLACE SAFETY TIPS -

1. Be aware of your surroundings.
2. Keep correct posture to protect your back from injury.
3. Use tools and machinery properly.
4. Get adequate rest.
5. Report unsafe conditions to your supervisor.
6. Use mechanical aids whenever possible.
7. Wear the correct safety equipment/PPE.



No question is stupid. If you have a concern, speak up!

We held a lunch & learn event at the F & S ground shop on April 1st. Marilou Rochford (Rutgers) prepared and served a very heart healthy tortilla bean soup; and shared tips on preparing and eating heart healthy meals. Our THANKS to Marilou & all who attended.



Above: Mike, Marge, Bill C and Bill G part of our CMC employee Heart Walk Team.

Send in your Healthy Living or Fitness Tips to share in this Newsletter.

Visit the Wellness Website at: www.CMCWellness.org

OUR GYM IS OPEN 24/7 TO MEMBERS OF THE WELLNESS CENTER. DON'T PUT OFF JOINING. CALL 465-1087