



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

Wellness Newsletter

December's Health Focus: Back Pain

It's OPEN ENROLLMENT TIME . . . Be sure to attend a meeting to see what's new for 2015

Back Pain at Work: Preventing Pain and Injury

Issue: December 1, 2014

CAN THIS INJURY OR CONDITION BE PREVENTED?

Here are a few strategies to prevent back pain:

Participate in regular strengthening and stretching exercises to keep your back, core, & leg muscles strong and flexible.

Keep your body in alignment, so that it can be more efficient when you move.

KEEP GOOD POSTURE—don't slouch! Use good body positioning at work, home, or during

leisure activities.

Keep the load close to your body during lifting.

Ask for help before lifting heavy objects.

Use an assistive device, such as a dolly or wheelbarrow to transport heavy objects.

Maintain a regular fitness regime—staying active can help to prevent injuries.

WHY EXERCISE?

Conditioned abdominal and back muscles work together like a natural corset for your back.

Flexibility in your hips & upper legs, especially in the hamstrings, allows for proper pelvic bone alignment, which improves how your back feels. Doing several simple exercise on a regular basis can help support and align your back. Abdominal & low back muscles can be strengthened by stabilization exercises that emphasize the concept of keeping a "neutral" spine.

Discuss any medical condition with your Physician, Health Care Provider, or Physical Therapist. (Ref: moveforwardPT; usbjj.org)

What's Happening?

12/15—**Crock Pot Cooking Class** at Rutgers Ext Center — 5 PM. Pre-registration is encouraged.

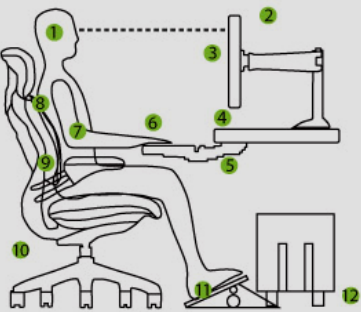
12/18—**Employee Health Clinic** 7:30-8:15 at Health Dept. No Rx required for fasting labs but an appointment is necessary.

Below: CMC employees celebrated "National Eating Healthy" Day on November 3rd & 5th



12 Tips for an Ergonomic Work Station

Humanscale



1. Top of monitor at or below eye level
2. Monitor and keyboard centered in front of you
3. No glare on screen
4. Documents in line with keyboard and monitor
5. Negative tilt keyboard support
6. Wrists flat and straight
7. Arms and elbows close to body
8. Change postures often
9. Work in a reclined position
10. Take frequent short breaks
11. Feet flat on floor or footrest
12. CPU off desk

If your job requires extended periods of sitting, try to stand up and stretch often to keep your back pain-free. And remember . . . Don't slouch while sitting or standing :)

HAPPY HOLIDAYS!

"Be the change you wish to see in the world."

Gandhi



For more event information visit: www.CMCWellness.org

