



## Health and Safety Programs

The following Health and Safety Programs are designed to be approximately one hour in length.

**A Piece of Peace** – Why is stress so common in today's society? How can we control the effects of stress in our lives? This program will help guide you to the doorway of a less stressed life by giving you the knowledge to understand how stress works and the tools to cope with it in a positive way.

**Back Injury Prevention** – Eighty percent of Americans will, at some point in their lives, experience back pain. This program provides useful information on the back's anatomy, common back disorders and conditions that may relate to job performance, plus how to avoid back injuries through preventive measures such as proper lifting techniques.

**Bloodborne Pathogens** – This program reviews the two major blood borne pathogens - Hepatitis B (HBV) and Human Immunodeficiency Virus (HIV). An overview of Universal Precautions is presented and preventive measures to protect against Bloodborne pathogen exposures are covered.

**Fitness 101** – This program reviews the benefits of exercise and identifies the components of fitness. It also incorporates simple steps for getting in shape as well as related nutrition and safety tips.

**Fitness and Nutrition by the Book** -Based on the best-selling books *Eat This, Not That!* and *The Culprit & The Cure*, this session will leave you with expert knowledge on how to transform your current lifestyle habits from bad to good to great. As Dr. Steven Aldana, author of *The Culprit & The Cure* notes, "If you gain only a little weight every year, it doesn't take too many years before you become obese."

**From One End to the Other**- This program will provide an overview of the risks concerning colorectal cancer and the best foods to consume to reduce these risks.

**Health and Wellness 101** - Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the United States. This program will provide an overview of the programs available to you to improve your overall health and wellness.

**Injury Prevention for the Weekend Warrior** –This program reviews how to prevent and treat common, overuse injuries -- from straining muscles in a pick-up game of football to overdoing it with home improvement activities.

**Investing in Your Health** – This program will review the programs and services the State of New Hampshire provides its employees along with the support and help they need to quit smoking or quit using other tobacco products.

**Knowing Your Numbers** - The Know Your Numbers training was created to raise awareness and help you understand what the following numbers mean related to your overall health:

- Blood pressure
- Total Cholesterol
- HDL, LDL & Triglycerides
- Blood Glucose
- BMI
- Waist Measurement

**Men's Health: Tune Up for Life** -Many men do a better job of taking care of their cars than their bodies, this interactive program teaches them how to treat their body more like their car by keeping it in tip-top shape. Attendees also learn about chief health threats for men and preventive strategies to stay healthy.

**Nutrition 101:** Due to our increasingly busy lifestyles and today's "super-sized" food industry, Americans are consuming more calories than ever. This workshop covers nutritional basics and provides helpful tools and tips for incorporating proper nutrition into our daily lives. Topics covered include healthy snacking, food safety, interpreting food labels and how to select lean cuts of red meat.

**Obesity: What Can You Do?** – A majority of Americans are categorized as being overweight or obese, due to an increase in portion sizes, fast pace lifestyles and physical inactivity. This program takes a closer look at the obesity epidemic and what you can do to reverse these trends. Participants will learn to fight obesity through physical activity, nutrition and community collaboration.

**Self-Care** – Because 25 percent of all doctors' visits are deemed unnecessary, this program focuses on skills that teach participants how to be empowered in making informed healthcare decisions and to partner with their providers in a shared decision-making process.

**Sleep Smarts: Improving Sleep Habits-** This program provides an overview of how vital sleep is to our health and well being. Participants will learn about the natural sleep cycle, the causes and symptoms of sleep deprivation and how to develop healthy sleep habits.

- This program can also be customized for staff comprised primarily of shift workers; focusing on the health and safety dangers that shift workers are at risk for and offering tools and tips on how to survive them such as getting optimal sleep, prioritizing family life and eliminating stress.

**Summer Safety** – Summer is a New Englander's most deserved time of year after surviving a long winter. Along with summer, however, come certain seasonal hazards. Learn how to best enjoy the summer by protecting yourself from sunburns, heat stroke, poisonous plants, West Nile virus and Lyme disease.

**Understanding Your Health** – This workshop will review the problem of increasing health care costs and introduce the concepts of Medical Consumerism and Medical Self-Care. Tips to cost containment strategies will be made available to assist you and your family members.

**Winter Safety** – It's cold out and the wind is howling. But, unlike woodland creatures, we must continue to work through the winter. Learn how to make the most of the season with this program that focuses on appropriate clothing, hydration, vehicle & home safety and how to keep warm in almost any circumstance.

**Women's Health** - Men and women have different needs for obtaining optimal health and wellness. This program provides up-to-date information on a variety of women's health issues. Topics addressed include the history of women's health, the leading causes of death in women and risk factors. Resources, tools and tips on reaching goals to improve quality of life and overall health are provided.

**Workplace Ergonomics**– In recent years, rapid technological advances and an increased focus on computer work have caused office workers to face a host of injury risks such as low back pain, carpal tunnel syndrome, neck, shoulder and eye strain—just to name a few. This program is designed to help participants capably adapt to the modern office environment by learning preventive solutions for reducing employee injuries and accidents. Attendees will develop a basic understanding of ergonomic concepts, common musculoskeletal injury risks and strategies to decrease those risks.

**Zoonotics: Protect Your Health from Animal-borne Pathogens:** This program provides valuable information on Zoonotics or animal-borne pathogens. Topics include what Zoonotics are and how they can affect employees on the job. Tips on how employees can properly protect themselves from animal-borne pathogens and how to safely remove dead animals while on the job are also featured.

For more information or to schedule a workshop contact Bill Byron, Health and Safety Advisor at 230-3311 or [wbyron@nhlgc.org](mailto:wbyron@nhlgc.org).