



WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

MARCH 2023



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CELEBRATE WOMEN'S HISTORY MONTH

Acknowledge and support the women in your life!



From Amelia Earhart to Oprah Winfrey, women have been busy changing the world for centuries. March is Women's History Month and March 8th is International Women's Day. Women have made countless contributions throughout American history, but the journey hasn't always been easy. As we celebrate Women's History Month, let's remember the

resilience and strength of women who overcame obstacles to achieve their goals and work together to empower women to thrive at work and at home. Take this opportunity to celebrate the importance of women and the impact they have made throughout history. Ask yourself how can you support the women in your life, even if that is yourself. Famous poet and civil rights activist Maya Angelou once said, "Each time a woman stands up for herself, without knowing its possibly, without claiming it, she stands up for all women."



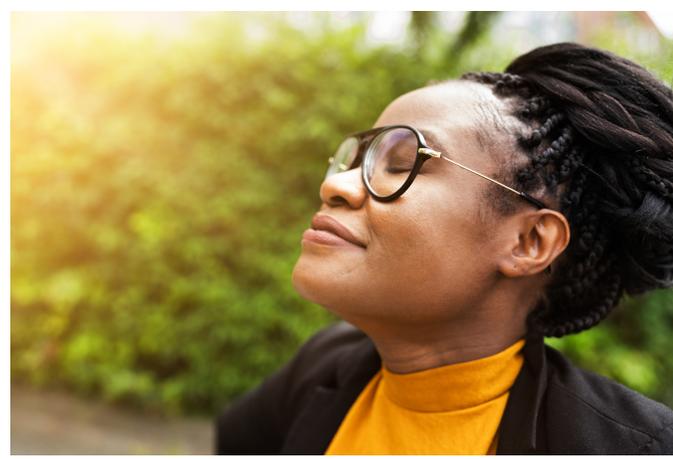
HEALTH & SAFETY EXPO

June 15, 2023

11:00am - 2:00pm



BlueCross BlueShield
of Texas



Your Hardworking Lungs Need Protecting

Your lungs help you breathe. But they do much more. They help you fight infections. They help your other organs work. They do so much for your overall health and they need your protection. Your lungs are easily harmed. Anything you breathe in can hurt them. Take time to learn what threats there are to your lungs and how to protect yourself from them.

Environmental Hazards

Potential dangers to your lungs are all around you at home, outside or at work. The American Lung Association says air pollution, secondhand smoke and chemicals used at home or at work can cause or worsen lung disease. The biggest outdoor danger to lungs is air pollution. It can come from vehicles, power tools, burning trash, and wildfires. The American Lung Association offers [10 tips for protecting yourself and your family from unhealthy air](#). Indoor dangers include fuel burning appliances, building materials, cleaners and other common household and personal care products, too much moisture, and AC plus heating systems. Radon, pesticides and other outdoor pollutants that have gotten inside can also cause problems.

Lung Cancer

Lung cancer is the leading cause of cancer death for men and women in the U.S. People have different symptoms of lung cancer. Some have coughing, wheezing and chest pain. But most people don't have signs until the cancer is advanced. Smoking causes the majority of lung cancers both in smokers and in people exposed to secondhand smoke, says the [Mayo Clinic](#).

What Are the Risk Factors?

Risk factors for lung cancer include: Smoking; Exposure to secondhand smoke; Radiation therapy; Exposure to radon gas; Exposure to asbestos; and Family history.

Lung Cancer Screening

Screening for lung cancer can help catch cancer earlier, when it may be more treatable. But it isn't recommended for everyone. Lung cancer screening can have risks. So lung cancer screening is recommended only for adults who are at high risk for developing the disease because of their smoking history and age.

Steps Everyone Can Take for Healthier Lungs

Many choices for better overall health are also good for your lungs. Follow these tips to protect your lungs. Get routine health exams and preventive care. Even if you aren't sick, a routine yearly health exam can help to prevent serious health problems. During a health exam, the doctors will listen to your lungs and breathing. And you can discuss any concerns you may have. Exercise, staying active is good for your total health. Exercise also helps to improve lung capacity. Breathing exercises can also boost your mood and help you relax. Avoid exposure to pollutants, they can cause lung disease or make it worse. [Learn how to avoid them](#). Prevent infection, protect yourself from respiratory and other infections: Wash your hands with soap and water; Take care of your teeth and gums; Get vaccinated against the flu; If you get sick, stay home. Talk to your doctor if you have concerns about your lung health.

Safety Tips: Back Injury Prevention

Did you know? Back injuries account for 1 in 5 workplace accidents. Lifting heavy items is one of the leading causes of injury in the workplace. When you use smart lifting practices you're less likely to suffer from back sprains, muscle pulls, wrist injuries, elbow injuries and other injuries caused by lifting heavy objects. The best way to prevent back injuries is to develop habits that reduce the strain placed on your back. Here are some basic things you can do to help prevent an injury from lifting heavy objects:



Proper Lifting Procedures:

1. Take a balanced stance with your feet about a shoulder-width apart. One foot can be behind the object and the other next to it.
2. Squat down to lift the object, keeping your heels off the floor. Get as close to the object as you can.
3. Use your palms to get a secure grip on the load, making sure you'll be able to maintain a hold on the object without having to switch your grip later.
4. Lift gradually using your legs, abdominal and buttock muscles and keep the load as close to you as possible. Keep your chin tucked in so as to keep a relatively straight back and neckline.
5. Once you're standing, change directions by pointing your feet in the direction you want to go and turn your whole body. Avoid twisting at your waist while carrying.
6. When you put a load down, use these same guidelines, in reverse.

Avoid Lifting and Bending Whenever Possible:

- Anytime you can spare your back the stress and strain of lifting and bending, do so!
- Place objects up off the floor: If you can set something down on a table or other elevated surface instead of the floor, do it so you won't have to reach down to pick it up again.
- Raise/lower shelves: The best zone for lifting is between your shoulders and your waist. Put heavier objects on shelves at waist level, lighter objects on lower or higher shelves.
- Use carts/dollies, when available, to move objects instead of carrying them yourself.
- Use cranes, hoists, lift tables and other lift-assist devices whenever you can.

Safety Work Practices and Tips:

- Lifting loads heavier than about 50 pounds will increase the risk of injury.
- Some loads, such large spools of wire, heavy tools and machinery place great stress on muscles, discs, and vertebrae. Use pallet jacks and hand trucks to transport heavy items (if possible).
- Materials that must be manually lifted should be placed at "power zone" height, about mid-thigh to mid-chest.
- Make sure proper lifting technique is used. (Reference above)
- Maintain neutral and straight spine alignment whenever possible.
- Bending at knees, not at the waist, helps maintain proper spine alignment.
- Rotate tasks so you're not exposed to the same activity for long periods of time.
- Utilize proper handholds, including handles, slots or holes, with enough room to accommodate gloved hands.
- Wear proper PPE to avoid finger injuries and contact stress.
- Wear appropriate clothing and drink lots of water to avoid dehydration.

Peanut Butter Energy Balls

Total Cooking Time: 20 minutes

Ingredients

- 2 cups rolled oats
- 1/2 cup honey
- 1 cup natural peanut butter or other nut butter
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut

Directions

1. Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well. Using a 1-tablespoon measure, roll the mixture into balls.

** Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer **



Source: www.eatingwell.com

March: Upcoming Training Seminars + Webinars



Coffee with CuraLinc - Mental Health Coaching Improves Depression & Work Performance: March 2nd from 10:00am - 10:15am

In this webinar you'll learn about what is evidence-based mental health coaching, what role should coaching play in the workplace for mental health strategy, and how does coaching impact an employee's depression and work performance. Please click [here](#) to register!



Parenting Connections Class: March 8th from 3:00pm - 4:00pm

This class is designed to help parents gain necessary tools to help their children flourish and thrive. Parents will also receive support in the areas of child development, environmental safety and protection. Please click [here](#) to register!



Using Bentek Year-Round Webinar: March 9th from 10:00am - 10:30am

In this webinar employees can learn how to use Bentek year-round. Please click [here](#) to register!



Wellness Walks Route #2: March 15th from 10:00am - 10:45am

Bring your coworker and enjoy a mental reset with every step you take to move towards a better you! Attending Wellness Walks allows you to earn certification credit. Only one Wellness Walk credited per year (0.75hr). Please click [here](#) to register!



COB Creative Studios (Birdhouse Doodle): March 29th from 12:00pm - 1:15pm

COB Creative Studios occurs quarterly and allows employees to engage their creative genes. Learn to recognize how originality can be soothing and healing, even if there is little original expression. Develop confidence with skills that can go beyond the structured patterns and become a better you. Bring your coworker and enjoy the disengaging connections! Please click [here](#) to register!



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8 am-Noon (minor acute illnesses only-telehealth for appt.)

(Saturday Clinic open September - April during peak season)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email: CityofBryanHealth@st-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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<https://wellness.bryantx.gov/>