

WALKING

The phrase “Walking is man’s best medicine,” allegedly spoken by Hippocrates two millennia ago, is even more timely today. This fact is particularly true in industrialized societies where new technologies have not only changed the way we work but, even more profoundly, have also affected our lifestyles by reducing the physical effort of most of our daily activities (with the exception of sports).

According to scientific evidence, walking done often and properly, can deliver an array of benefits that are just as impressive as those gained from sportier regimes. Here are some surprising benefits of walking:

- ◆ Reduces depression
- ◆ Helps tame a sweet tooth
- ◆ Prevents dementia and boosts memory
- ◆ Slows down aging process
- ◆ Improves your creative thinking
- ◆ Slashes risk of heart disease, lowers blood pressure and curbs diabetes
- ◆ Helps you to be more “regular”

Every step you take is part of your journey to a better quality of life. Charles Dickens said it best, “Walk to be healthy, walk to be happy”.



Tanya Bellagente, HR Advisor, Attendance Support,
Disability Management & Wellness - 250-475-4163

SAFE LIFTING

Overexertion injuries result from overloading or overstretching muscle, tendons and ligaments. Learning to lift, lower and move objects safely is very important. Always follow these rules when lifting objects:

- * Clear pathway
- * Check weight—if you cannot move it with one foot, you should get help
- * Ask for help—if required
- * Keep back straight
- * Lift with your legs NOT your back
- * Lift smoothly and slowly
- * Hold the object as close to your body as possible
- * Pivot with your feet-don’t twist your back
- * Push, rather than pull the load
- * Get mechanical assistance for heavier loads



Know your own strengths and limitations. Use proper lifting, bending and sitting techniques on the job to help reduce low-back injuries in the workplace.

Christine Merner, Manager,
Occupational Health & Safety - 250-475-4192