



# MAFES Dawg Tracks

November 9, 2015



*Safety Tips:  
Staying Healthy to  
Tackle Safety Challenges*



You may ask, “What does staying well and physically fit have to do with safety?” A bunch! When you are healthy and fit one tends to be more alert, stronger and better able to deal with safety challenges as we all meet them periodically.

Keeping your body limber and your muscles well-toned helps to prevent injuries to your joints, bones, tendons, and muscles. Maintaining a healthy body weight will help to prevent back injuries. Good sleep habits and paying attention to sound nutrition habits also helps you cope or control stresses at work. Conscientiously, we all want to maintain the best health that we can possibly enjoy.

**Following are some tips that can help you maintain a healthy life style:**

**Get enough sleep** - Studies say that different people require different amounts of sleep. The main thing is to get enough sleep so that when you wake up in the morning you are rested and full of “vim and vigor.” Try to sleep on a regular schedule, getting up at the same time each morning.

**Drink plenty of water** - Coffee and cold drinks are no substitute for good cold water. The body needs plain water to stay healthy.

**Eat regular meals** - Start each day with a good nutritious breakfast, the most important meal of the day. It will also help to keep you from eating “pogie bait” food stuffs (candy, chips, etc.) during the day.

**Build your diet** - Consume foods with complex carbohydrates such as whole grain rice, pasta and beans. Fill up on these as opposed to fat-laden cheeses and meats. If you have to eat meat, stick with low fats cuts and trim the fat off of the cuts with fat.

**Choose from a variety of fresh fruits and vegetables** - Eating fruits and vegetables in a variety of colors will help you get a mix of vitamins and minerals for good health.

**Break the caffeine habit** - Coffee, colas, tea and chocolate are common sources of caffeine. You’ll stay calmer and sleep better with less caffeine. I find this hard to do!

**Stop smoking** - This is a killer habit! If you find it hard to quit, seek help from your doctor.

**Do not drink alcohol to excess** - Use prescription drugs only as directed by your doctor. Drugs and alcohol cause a countless number of accidents both on and off the job. If either of these becomes an addiction, consult your doctor for help, seek out a self-help group or maybe seek help from our university group that deals with these problems.

**Exercise Regularly** - A moderate amount of exercise is better than none at all... As the Nike ads relay, “Just do it.” A daily walk is a good start. If you are really out of shape, you might want to get checked out with your doctor first.

**Several times each week, get some aerobic exercise** – You don’t have to necessarily go to a gym to do this type of workout. Walking, running, swimming, dancing and bicycling at least three times a week are good for this.

**Strengthen your muscles** - Weight training, not for endurance, but for muscle toning in your back, legs and abdomen two or three times each week, will help to prevent back injuries.

**Stretch** - Stretching before work and cool down stretches at the end of the workout can take care of this. Yoga is another type stretching exercise that helps to keep your body flexible.

**Avoid contagious illnesses and diseases** - Wash your hands regularly, especially after using the toilet and before and after eating food. Get first aid immediately after receiving any type of wound or cut.

**Learn to manage stress** - Managing stress will minimize the harmful effects to your body.

**Get regular medical and dental checkups** - My doctor reminds me that our bodies are like our vehicles. They last longer when they are maintained. Regular doctor and dental appointments will help to ensure a healthy and fit body.

**Physical fitness means having the strength, flexibility and stamina to do your job, with energy left over to enjoy our free-time activities.**

**Good health means more than just absence of disease. It means feeling good enough to enjoy life to its fullest.**

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**CHECK YOURSELF BEFORE YOU  
WRECK YOURSELF**

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**DON'T BE A FOOL!!**

**FOLLOW THE SAFETY RULES**

**BE ALERT <> BE AWARE <> BE ALIVE**