



HEALTH & SAFETY NEWSLETTER

January 2015

Welcome to the January edition of the world famous, never disappointing, and always informative Health and Safety Newsletter! Now that the holidays are over, we're turning our attention to safe lifting techniques and keeping your back healthy. This applies whether you're a driver lifting some 4x4 dunnage or chains, if you're an accounting staff member lifting a box of copy paper in the office, or if you're at home just taking out the garbage. However, we start off by offering some nutrition tips for our driving fleets and also announce our latest outing for the Events Club, plus Vereena brings us another awesome looking recipe. Enjoy!

HOW TO EAT HEALTHY AS A TRUCK DRIVER

Healthy eating habits can stay with you for the rest of your life. With a few healthy alternatives, you can eat healthy as a truck driver, while still taking in the food you need to stay focused on your job. Truck drivers often eat compulsively, using the process of eating as a way to stay alert and in control while driving. This often leads to a very unhealthy diet for truckers who drive eight or more hours each day. Eating healthier is a process of changing your habits and making smarter food selections.

Instructions

1. Keep a small refrigerator, or ice chest, in your cab. Stock it with zero calorie foods, which burn more calories to digest than they add to your body. Include foods like celery and pickles -- snacks you can grab and eat easily while driving. Eat these foods when you are hungry or just need to eat something to keep your mind focused and your attention on the road. And eat a few more of these right before you walk into a restaurant or truck stop.
2. Make a plan for a few daily snacks, packing things you intend to eat each day. Design your list based on the necessary nutrients your body needs. For example, salted almonds are an excellent source of fiber, and grapefruit provides vitamins A and C. Plan to eat one of each item from your snack pack each day. Keep it near you as you drive, for times when you crave something other than celery or pickles.
3. Read the nutrition labels on everything you buy, locating problem foods by examining health facts. Keep a list of your necessary daily vitamins, as well as your daily limits. For instance, you may require 60 mg of Vitamin C, 18 mg of iron and 1,000 mg of calcium each day, while limiting yourself to 65 mg of fat, 2,000 calories and 2,400 mg of sodium. Keep a running total each day of the things you eat, adding each vitamin, as well as calories, fat and sodium. If you are dieting, you can decrease your caloric and fat intake each day to help you shed some pounds. Compare the foods you buy to these numbers, and begin making dietary decisions based on your daily limits. Use this to convince yourself that bag of chips you would like to eat may not be worth your daily limit for fat intake.
4. Ask your waitress for a copy of the nutrition guidelines for the food at restaurants where you eat. Make your evening dining decisions based on these facts and the food you have already eaten during the day. Check your daily list, and add your meal's nutrition to the list. On days when you are close to your limit of fat, calories or sodium, look for healthier alternatives, such as salads or fruit for dinner.





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EVENTS CLUB – MANNING PARK TUBE TOWN

Once again the Events Club is heading up to Manning Park for a fun afternoon of tubing at Manning Park. Join as we reach supersonic speeds and elevate our heart rates sliding down the “Polar Coaster”! The event will take place on Sunday, February 8 and it will be a perfect way to celebrate the Family Day long weekend. Vereena will have the signup sheet at her desk, or you can just call her to confirm. As always, Events Club members and their family of 4 can attend for free. Non-members can join us by paying a discounted rate at the mountain or better yet, become an Events Club member today. For just \$8 per month you and your family can partake in the various outings planned each year. Contact us at healthandsafety@vtlg.com for more details. For our drivers: The Events Club is not just for office staff. We have several drivers and their families that are already members and have enjoyed all of our events. Contact us for details!



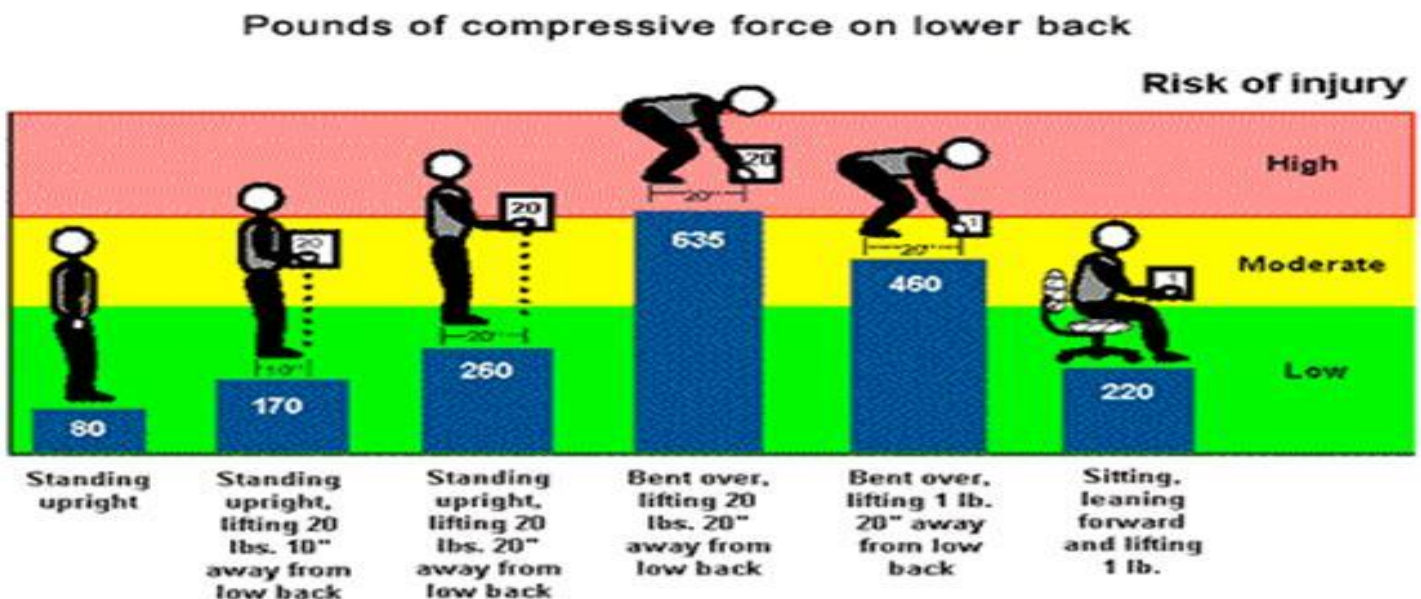
SAFE LIFTING TECHNIQUES

As part of the goal of accident prevention, we want to provide education to everyone on safe lifting techniques in order to prevent back injuries. Please note the information and diagram below which outline the basic rules for proper lifting.

Quick lifting tips:

- Before lifting, make sure your path is dry and clear of objects that could cause a fall.
- Bend your knees and keep your back straight. (Lift with your legs, not your back.)
- Bring the load close to your body.
- Lift in a slow, even motion.
- Don't twist your body. If you must turn, move your feet.
- Keep your back straight when putting down the load.

The weight of the objects you lift is an important factor in determining your risk of injury, and you will want to be especially careful when lifting heavy items such as storage boxes full of files and cases of copy paper. However, weight is not the only thing that determines your risk of injury. The following chart notes the effect that posture can have when combined with lifting different size loads:





More on lifting techniques:

1. **Keep the load close:** Holding a 20 pound object with your hands 20 inches from the body creates more compressive force on your low back than holding it 10 inches away. This is because the muscles in your back have to work harder to counterbalance the weight when it is further from the body. As the compressive force on your low back increases, so does the risk of muscle strains, ligament sprains and damage to disks in the spine.
2. **Avoid lifting from the floor:** Lifting from the floor can greatly increase your risk of injury for two reasons. Firstly, it is difficult to bring objects close to your body when picking them up from the floor, especially large objects where your knees can get in the way. Secondly, your low back must now support the weight of your upper body as you lean forward, in addition to supporting the weight of the item you are lifting. Lifting the same 20 pounds from the floor more than doubles the amount of force on your low back when compared with lifting it from waist height. Even a one pound object lifted from the floor increases your risk of injury if you use a bent over posture.
3. **Plan ahead:** Decide how you will lift, carry, and place the item before you pick it up. Test the weight of the load by moving or tipping it before you pick it up. Figure out if you can break the load down by placing the contents of a large container into a number of smaller ones before moving them.
4. **Get help when you need it:** Don't try to lift heavy or awkward loads on your own. Even though the muscles in your upper body may be strong enough to handle the load, the muscles, ligaments and disks in your low back may not be because of the additional forces they have to withstand. Get help from a co-worker, and whenever possible, use a cart, hand truck or other mechanical device to move the load for you.



RECIPE OF THE MONTH

Beef Stir-Fry with Avocado Salad

Makes: 4 servings **Prep time:** 10 minutes **Cook time:** 10 minutes



Ingredients:

12 ounces beef tenderloin, cut into thin strips
1/4 cup freshly squeezed lime juice
1 tablespoon plus 1/2 teaspoon chili powder
1 tablespoon vegetable oil
1 medium sweet onion, thinly sliced
1 red bell pepper, thinly sliced
1 poblano, thinly sliced
1/2 teaspoon salt
1/2 teaspoon black pepper
1 can black beans, rinsed and drained
1 avocado, diced
1/4 cup Cojita cheese, crumbled
1/4 cup cilantro plus more for garnish, chopped
Corn tortillas (optional)

Directions:

1. In a bowl, combine beef, 2 tablespoons lime juice, and 1 tablespoon chili powder; set aside.
2. Heat oil in a large skillet. Add onion, bell pepper, and poblano and saute 5 minutes, stirring occasionally.
3. Add beef and marinade to vegetables and cook 3 to 4 minutes. Season with salt and black pepper.
4. In another bowl, combine beans, avocado, cheese, 1/4 cup cilantro, and remaining lime juice and chili powder.
5. Garnish beef and vegetables with remaining cilantro. Serve with avocado salad and warmed tortillas if desired.

Nutrition facts per serving: 436 calories, 28g protein, 30g carbohydrate, 26g fat (7g saturated), 10g fiber