



Happy New Year from your Health and Safety Committee! We hope that 2014 brings you health, safety and wellness not only at work, but at home as well. This month's newsletter starts the year talking about the dreaded flu and how to best avoid and beat it, we give you tips on finding the time to exercise, we talk about how take care of your skin during the winter, remind you about our Events Club, plus we roll out a yummy sandwich recipe tailor made for our drivers. Enjoy!

HOW TO FIGHT THE FLU

This year has seen a re-emergence of the very serious H1N1 flu strain. There have been several reported cases in BC and Alberta, with many patients being healthy adults in their 30s and 40s. You can play an active role in staying healthy and preventing the spread of the seasonal flu if you:

1. Get your flu shot

- You can protect yourself and others by getting an annual flu shot. In BC and Alberta, health officials are recommending that everyone gets immunized asap. Check out www.fraserhealth.ca or www.albertahealthservices.ca for more information.

2. Wash your hands frequently

- Wash your hands with soap and warm water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer. Hand sanitizer stations have been set up at all Vedder Group offices.
- Wash your hands:
 - before and after eating
 - after you have been in a public place
 - after using the washroom
 - after coughing and sneezing
 - after touching common surfaces

3. Cough and sneeze into your arm, not your hand

- If you use a tissue, dispose of it as soon as possible and wash your hands.

4. Keep your hands away from your face

- In most cases, the flu virus enters the body through the eyes, nose or mouth.

5. Keep common surface areas clean and disinfected

- Doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses which can live on hard surfaces for up to 48 hours.
- Regularly cleaning and disinfecting these surfaces with normal household disinfectants can help prevent the spread of viruses.

6. If you get sick, stay home

- If you think you have the flu and are otherwise healthy, you should stay home from school or work until you are feeling well and able to fully participate in regular activities. If your symptoms get worse, call your health care provider.

7. Stay healthy

- Eat healthy foods and be physically active to keep your immune system strong.





Finding the Time the Exercise

Still wondering how to fit exercise into a busy schedule? Your days are filled from the time you get up until the time you fall into bed exhausted at night, but believe it or not, you still have time to fit some exercise into your day. Here are six ways that you can use to fit exercise into your already busy schedule.

1. Make Time.

Just make the time. Initially, it will be a change, but if you can fit in two or three workouts of just 30 minutes a week, you'll be well on your way to fitness.

2. Make lunch hour exercise hour.

Take a half an hour to do some exercise. You can even make it a social affair and invite your work friends to join you in a walk.

3. Get a buddy.

Studies show that when you have an exercise buddy, you exercise more. The thinking is that we will go and exercise so we don't let the other person down.

4. Exercise early in the day.

The easiest way to ensure that you'll exercise for the day is by getting the exercise in early, usually the first thing in the morning. After a little while, it will become a habit and won't be as difficult having to get up a little earlier.

5. Combine activities.

You can exercise and do something else at the same time. Read, watch t.v., even chat on the phone with a friend, all while you workout.

6. Involve the family.

Instead of exercise taking you away from family time, make family time a time for some fitness for all. Go for a walk, play soccer at the park, play a game of baseball in the backyard. You and your family will feel much better.

If you still don't think that you have time for any of the above, you definitely have time to fit some type of activity in to get you fit. Here are three easy tips: do your exercises during commercials, while you cook and before using the bathroom.

You can easily get in two or three minutes of exercise each time with this method. Do this all throughout the day. Keep doing it day after day and you'll notice the cumulative effect. And for the most part, you won't even break a sweat. To top things off, short spurts of exercise are proven to do a better job at speeding up the rate of your metabolism than longer workouts. You can try jump rope, doing situps, pushups, wall squats, body weight squats, or jump on a mini-trampoline.

Do high intensity, short interval exercises for five minutes straight. A great exercise for this would be body weight squats. See how many you can do in five minutes. If you manage to make it through this, you can call it a day for exercise after that. Another option is running up and down the stairs for five minutes straight. Five minutes of this and you'll know you've done something, which explains why you only need to do five minutes of this a day.

Winter Skin Care Guidelines

The low humidity common in many parts of the United States during winter can cause dry, irritated skin. When skin becomes dry and irritated, eczema can flare.





HEALTH & SAFETY NEWSLETTER

January 2014

Here are some tips to help skin feel more comfortable during winter or anytime the air is dry:

1. Use a humidifier. With the heat on and the windows closed, the air inside can become very dry in the winter, making the dryness and itching of eczema even worse. Use a humidifier to place moisture in the air. If you don't want to invest in an expensive humidifying system, smaller, relatively inexpensive humidifiers can be obtained at a local drug store. Placing two or three of these around your home will help to humidify the dry air. This can keep skin from drying and becoming cracked and itchy.
2. Switch to an oil-based moisturizer and moisturize frequently. The more oil a moisturizer contains the more effectively it protects against moisture loss. Moisturizers that come in ointment form contain the most oil because an ointment, by definition, consists of 80% oil and 20% water. This water-in-oil emulsion forms a protective layer on the skin and makes it more "moisturizing" than creams and lotions. Ointments are especially beneficial when humidity is low. Ointments should not be used on areas of the body that tend to get hot and sweaty.
3. Before Going Outside in Winter:
 - Apply a heavy layer of moisturizing broad-spectrum sunscreen with an SPF of 30 or higher to the face, hands, and any other skin that may be exposed. This will act as a barrier to help protect against the harsh elements and is especially important if you will be outside for any length of time. Sunscreen is important in winter as the sun's reflective powers are great year round - 17% on the sand and 80% on the snow.

Today, several products are available that combine oily, moisturizing cream with sunscreen. If you are unsure of which product to use, ask a dermatologist.

- Grab those gloves. Protecting hands from the cold air and low humidity plays an important role in preventing flare-ups. Make sure the gloves are made from material that does not irritate your skin. Some patients find that wearing a cotton mitten next to the skin and a woolen mitten over the cotton one, keeps hands warm and dry.
- 4. Dress in layers. The most common triggers of the scratch/itch cycle are sweating and overheating. Wearing layers allows you to remove clothing as needed to prevent overheating. Be sure to wear loose-fitting cotton fabrics next to your skin.
- 5. Shed wet clothes and shoes immediately. These can irritate the skin and cause a flare-up.

EVENTS CLUB

This past fall we introduced our Events Club and it quickly grew to over 30 staff members. We had a terrific first event at the Corn Maze, with over 40 staff and family attending. Over the next few weeks we will be announcing our next event so if you haven't already, now is the perfect time to join. Just \$8 per month (via an easy payroll deduction) gets you and 3 family members admission to the 3 or 4 annual events. Some of the ideas that we have received so far include: baseball games, ice skating, sledding and bowling. If you would like to join, please see one of the H&S Committee members or send us an email to healthandsafety@vtlg.com.





RECIPE OF THE MONTH

Getting tired of ham and cheese every day for lunch? Looking to change up that boring, bland meal? Truckers are somewhat limited in their lunch options if trying to avoid unhealthy fast food and truck stop buffets, but there are some fun sandwiches you can still make in your truck when you need a little change-up.

TUNA MELT SANDWICH

Ingredients:

Tuna, a slice of bread, slice of cheese (optional), mayonnaise, celery, tomato, and/or lettuce.

Directions:

Cut up 1-2 sticks of celery. Mix a little mayonnaise together with the tuna. Add the chopped celery to the tuna mixture, and put mixture on a slice of bread (like an open-faced sandwich). Add a slice of cheese on top if desired, and bake in toaster oven until bread is toasted and cheese is melted. Add lettuce and tomato on top if you want, and voila! An easy tuna melt sandwich for the road.

