



*Summer is almost upon us, we hope the latest edition of the Health & Safety Newsletter brings you nothing but sunshine. This month we talk about the hazards of sitting, something our office and driving staff knows all too well. Also, what better way to kick off summer then with a softball game and BBQ? Want a healthy snack? Check out the healthy protein bar recipe from Mrs. Baron. If she's convinced Sheldon to eat healthy, you know they are good. Happy start to summer everyone!*

### THE DOWNFALLS OF SITTING TOO MUCH

In general, sitting (whether at a desk, in a truck or elsewhere) for too long is not a health-promoting thing to do. For one thing, it can cause you to gain weight. A study in the International Journal of Obesity and Related Metabolic Disorders found that those who had high daily levels of sitting (7.4 hours or more) were significantly more likely to be overweight or obese than those who reported low daily sitting levels (less than 4.7 hours a day).

A study in the American Journal of Preventive Medicine even found that the longer a person sits at a desk at work, the greater their chances are of being overweight.

Sitting at a desk all day also puts you at risk of back and neck pain, particularly if you sit with poor posture, leg cramps, tense muscles and, of course, boredom.

Here are some tips to make sitting on the job a little healthier:

- **Keep your body in a neutral position.** This means that your joints are naturally aligned, reducing your risk of stress and strain on the muscles, tendons, and skeletal system and developing a musculoskeletal disorder (MSD), according to the Occupational Safety and Health Administration (OSHA).

Adjust your chair so your thighs are parallel with the floor. Choose a chair that supports your back, including the curve in your lower back (if not, place a rolled up towel or pillow behind your lower back for support). Your chair should be well-padded.

Your hands, wrists and forearms should be in-line and roughly parallel to the floor. Your head should be in-line with the torso and at a level, balanced position (or just slightly forward).

Your elbows should be close to your body, bent at a 90- to 120-degree angle. Your shoulders should be relaxed and upper arms hanging naturally next to your body.

Your feet should be flat on the floor or supported by a footrest.

- **Move around often.** Your body can only tolerate being in one position for about 20 minutes before it starts to feel uncomfortable, according to the Mayo Clinic. About every 15 minutes, stand, stretch, walk around or change your position for at least 30 seconds.
- **Reduce repetitive movements.** Movements that you repeat over and over (such as answering the phone or reaching for a book) can lead to strains and stress.





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- Reduce unnecessary movements as much as possible by keeping items you use often within arm's reach and using tools, such as a phone headset, to reduce repetitive movements. You should also alternate the hand you use to operate your computer's mouse.
- **Keep your computer monitor in a healthy position.** This means directly in front of you, but at least 20 inches away. The top of the screen should be at or below your eye level, and it should be perpendicular to the window (to reduce glare), according to OSHA.
- **Look away from your computer screen often.** Focusing on a computer screen for too long can lead to dry eyes and eye fatigue. Be sure to change your focus often, looking at a point in the distance, and blink regularly to keep your eyes moist.

### SOFTBALL GAME & BARBECUE

On Wednesday, June 26 the H&S Committee will be organizing a company softball game and barbecue. Come out and enjoy a fun, no pressure game and some delicious food. We will start at 5:30 pm at Upper Sumas Elementary (corner of Whatcom Rd and Vye Rd, just a few minutes from the Abbotsford office). If you don't have a glove, don't worry as we'll have plenty of extras. Just bring your enthusiasm and appetite!

Please sign up by seeing Nicole Donnelly (second floor admin office) or by emailing one of the committee members. For this event we are asking all participants to contribute \$5 to help cover the cost of food and insurance. Our goal is to use the success of this event format as a springboard to bigger and better things. See you on the diamond!

### H & S NEWSLETTER GOES ONLINE

Due to overwhelming demand and popularity (well, that might be a exaggerating a wee little bit), the H&S Newsletter is now available online. Just another reason to check out our company website! Here's the links:

<http://www.veddertransportation.com/company/health-safety.php>

<http://www.canamtransportation.com/company/health-safety.php>

### FUN FACT OF THE MONTH

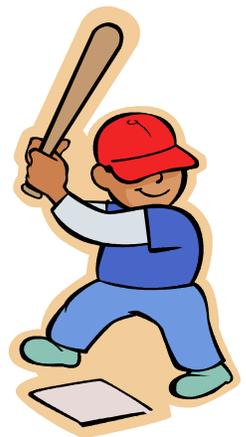
Cracking your knuckles does not actually hurt your bones or cause arthritis. The sound you hear is just gas bubbles bursting. Cracking your knuckles (or any of your joints) can have therapeutic benefits. When you crack one of your joints you are pulling the bones that are connected at the joint apart from each other. This process stimulates your tendons, relaxes your muscles, and loosens your joints. Chiropractors do this for spinal joints when your back is sore and stiff, but you can do this on your own for your knuckles, toes, knees, neck, etc.

### **Baseball Game & BBQ**

**Wednesday June 26<sup>th</sup>**

**\$5 per person**

**Talk to Nicole Donnelly  
and Sign Up Today!**





**RECIPE OF THE MONTH**

**Lisa Baron's Cinnamon Chocolate Chip Protein Bars**

(Makes 12 bars)

**Ingredients**

- 2 cups quick oats – roasted in the oven without oil for 10-15 minutes
- 1 cup peanut butter
- ½ cup honey
- ½ cup apple sauce (unsweetened)
- 2 tbsp. chocolate chips
- 1 cup whey protein powder (unflavored or vanilla)
- 1 tbsp. cinnamon
- 2 tbsp. chia seeds
- 2 tbsp. flax seeds

**Directions**

Preheat oven to 350 degrees F

Combine all ingredients in a large mixing bowl, you may have to mix with your hands as the dough is pretty thick (be sure the oats have cooled down completely from being roasted or they will melt the chocolate chips)

Either spread out the batter on a cookie sheet or form into individual bars and place on cookie sheet

Bake at 350 for 15-20 minutes, or until the bars are golden brown

If you spread the batter out on the cookie sheets cut into individual bars and cool.

Store in a Ziplock bag or plastic container.

