



# RISK REMINDER

PARTNERING WITH TOWNSHIPS

## Health & Wellness

As if being in the transportation business isn't dangerous enough, it can also lead to serious health conditions. It is important to remember that safety and health go hand-in-hand and controlling one can greatly affect the other.

Certain conditions and contributing factors that you cannot control such as **Heredity, Race, Gender and Age**, need to be taken into account when trying to lead a healthy lifestyle.

Here are a few simple ways to improve health and wellness:

- **Eat healthy and weight control.** Diet can control many health issues related to the factors listed above. Eliminating factors such as fast food, and unhealthy snacks can lower the risk of high blood pressure and high cholesterol which can lead to heart attack, stroke, visual problems and even kidney damage. Nutritional science suggests that food intake plays a major role in nearly all aspects of our lives, from emotional stability and energy levels, to our overall health and sense of well-being. While there may not be much you can do to change the nature of being in the transportation business for a living, you can at least learn about and use healthy eating habits.
- **Get enough sleep.** Sleep deprivation can have serious consequences leading to both injury and overall health. Loss of sleep can not be "made up" at a later date, so get enough on a daily basis.
- **If you smoke-STOP!** Many drivers smoke due to boredom from long hours behind the wheel. Smoking can lead to many serious health conditions such as heart disease and cancer.
- **Exercise.** Driving for hours followed by strenuous activity such as loading and unloading a trailer, can lead to serious injury and health issues. Pulled muscles, strains, and even heart problems can arise from this situation. It is important to take regular breaks to help your muscles and body recuperate. Do this while inspecting your vehicle. When off duty, try to make time to exercise. This can be as simple as taking a daily walk. This can greatly improve overall health and mental wellness.
- **Controlling stress.** A professional driver encounters many different situations on a daily basis which can be extremely stressful. Road conditions due to weather and traffic, breakdowns, unrealistic pickup and delivery schedules, and even the occasional irrational receiving clerk or customer, can cause serious stress. Again, exercise and a healthy lifestyle can control the impact that stress has upon the body.

A primary way to monitor your health is to get an annual physical. This should include regular blood pressure and cholesterol checks.

### Questions

1. **True or False:** Eating fast food daily will not have any health consequences. \_\_\_\_\_
2. **True or False:** The types of food we eat affect emotional stability and energy. \_\_\_\_\_
3. **True or False:** Stress is not an issue for good overall health. \_\_\_\_\_

**For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.**

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