



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH

Sun Sense for the outdoor worker

People who work outside are used to dealing with all types of weather conditions. What they may not realize is that no matter what the weather may be, there is still a need to protect themselves from the harmful effects of the sun. Whether it is a hot, sunny day or a day with a cloud-filled sky, the sun's rays still have the power to penetrate and cause skin damage. The sun can cause both short-term and long-term effects such as sunburn, cataracts and even skin cancer. Even one case of sunburn is enough to increase your risk of developing skin cancer. Being exposed to the sun on a daily basis is part of the job, but there is much that can be done to protect yourself and reduce your risk!



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Sun Sense tips for the outdoor worker

- Apply sunscreen with an SPF of 15 or higher at least 20 minutes before you begin your work day.
- Wear waterproof sunscreen to ensure you are protected even though you may be perspiring.
- Reapply sunscreen every two hours especially after sweating.
- Wear a wide-brimmed hat.
- Wear sunglasses with UV protection.
- Wear lip balm containing SPF.
- Wear light-coloured and loose-fitting clothing that covers all exposed areas of the skin.
- During breaks, seek shaded areas.
- Drink plenty of water throughout the day to prevent dehydration.

WALKING – for the health of it!

It's no surprise that more people stick with walking than any other form of exercise! More and more people are walking for the "health of it" and are making physical activity part of their daily routine. Walking is the most natural thing we do as humans and it's not time-consuming or costly.

Not only is walking an enjoyable and often scenic mode of transportation, but by putting your best foot forward, you can improve your fitness, health and sense of well-being, too.



By walking **30 to 60 minutes** daily and increasing your steps per day you can:

- Boost energy, reduce stress and improve your mood.
- Help your heart, lungs and muscles work more efficiently.
- Reduce blood pressure and cholesterol levels.
- Help reduce the risk of chronic diseases, heart disease and strokes.
- Help prevent and control diabetes.
- Strengthen bones and help prevent or control osteoporosis.
- Improve the mobility and stability of joints.
- Maintain a healthy weight and a positive body image, especially when combined with healthy eating.
- Enjoy a pleasurable activity while you socialize with family or friends.

For more information on the benefits of walking, visit www.Active2010.ca.



How many steps do you take in a day?

The 10,000-steps goal

Health Canada recommends that Canadians take 10,000 steps in a day for better health.

To measure the number of steps you take in a day, try wearing a pedometer. A pedometer is a simple device used to count the number of steps you take in a day. When it is positioned correctly, your pedometer records a step each time your hip moves up and down. Your pedometer also measures things you do throughout your day in addition to walking, e.g., bending to tie your shoes.

If you don't have a pedometer, make a commitment to walk a minimum of 30 to 60 minutes everyday as recommended in Canada's Physical Activity Guide.

Increase the number of steps you take at work by:

- Taking the stairs instead of the elevator.
- Taking walking breaks during your coffee break.
- Going for a lunch-hour stroll. Better yet, start a walking club at work.
- Walking to work or a meeting.
- If you drive, park in a place where you have to walk further.
- Taking a break from the computer. Walk over and talk to a colleague instead of emailing, or walk around the office for a few minutes.
- Using a printer or photocopier that is furthest from your desk.



Daily step goals

Highly active (children, youth, and fit adults)	10,000-16,000
Active (adults)	10,000
Somewhat active (older adults)	7,000-9,999
Low active (adults with a chronic health condition*)	4,000-7,000

* Check with your doctor before starting a walking program if you have a chronic health condition. www.active2010.com.

Start a walking club in your workplace

A workplace walking club encourages staff to walk during their coffee and lunch breaks, or in between shifts.

Benefits:

- Helps cultivate a fitness mind set.
- Can reach almost every employee.
- Promotes a group feeling of friendship and togetherness.
- Promotes clear thinking.
- Relieves stress.
- Can be customized to an individual's ability.



How to start!



1. Recruit two or three "champions" who can help motivate their co-workers.
2. Identify one lead person to coordinate activities and keep track of incentives/registration.
3. Map out a variety of routes around your workplace.
4. Measure the mileage of each route. This helps the participants know where and how far they have walked.
5. Get your co-workers walking!

For some healthy competition in the workplace, try having a pedometer walking challenge to motivate your employees to take more steps during their work day.

Pedometer Walking Challenge - guidelines and rules

1. Promote the Walking Challenge to your employees.
2. Design a Walking Challenge poster that can be used to write each group's daily step count. This allows participants to compare their team's step totals to other teams.
3. Divide participants into groups of four and designate one group member to be the captain. The captain's role is to collect each group member's steps for each day and pass along the total daily steps to the Walking Challenge organizer to post on the wall.
4. Provide each participant with a pedometer and a tracking sheet so they can calculate their steps.
5. Calculate steps for one work week i.e. Monday-Friday.
6. Can only calculate steps taken during work hours. Walking during lunch break and coffee breaks is encouraged (i.e. 8:30 to 4:30).
7. If a team member is absent, you take the average of the rest of the team members' total steps for the missing participant.
8. The team with the highest number of total steps at the end of the week wins.



If your workplace is interested in setting up a Walking Challenge, contact the Haldimand-Norfolk Health Unit to borrow a set of pedometers for your employees to use.



Recipe **FRUIT Gazpacho**

(Makes 6 servings)

Preparation time: 15 minutes/Chilling time: 1 hour

- 3 cups finely diced fruit
- 6 cups tropical fruit juice
- 6 small scoops fruit sorbet (mango, raspberry or orange)
- 6 fresh mint sprigs (optional)

TIP

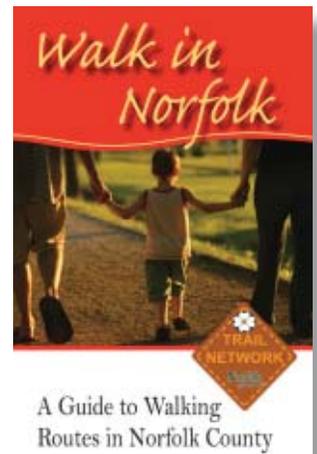
Pick fresh fruits of your family's choice to dice. Mango, pineapple, strawberries, whole blueberries, watermelon and kiwi all work well. Do not choose fruits that brown easily, such as apple, pears and bananas.

1. In a large bowl, combine diced fruit and fruit juice. Cover and refrigerate for a least 1 hour to allow flavour to develop.
2. Divide fruit gazpacho among 6 shallow bowls. Garnish each serving with a scoop of sorbet and a sprig of mint, if desired.

Taken from the Dietitians of Canada website at www.dietitians.ca.

NORFOLK, get walking!

The new Walk in Norfolk Trail Guide will be available for everyone in June. You can order copies for your workplace from the Haldimand-Norfolk Health Unit by calling 519-426-6170.



Save the date

What: Stress Management for the Workplace

Jean Montgomery, Canadian Mental Health Association

Join colleagues from local businesses for a free, fun and interactive learning opportunity to discuss:

- Statistics on stress and the magnitude of the problem.
- What workplace stress is and how to identify your own stress.
- Techniques for coping with stress.



When: Oct. 22, 2008
8 to 10 a.m.
(Continental breakfast provided.)

Where: Business Development Centre
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