

Be Well, Stay Well

Work safety

We spend a large portion of our day at work. Whether it's sitting at a desk or lifting heavy objects, work can take a toll on our body. Make sure you keep your body safe by following these tips.

Working at a desk

- Adjust your chair so your feet rest flat on the floor and the curve of your lower back is supported by the back of the chair.
- Sit upright with your shoulders touching the backrest of the chair
- When sitting, your thighs should be parallel to the floor and the back of your knees should not come in contact with the edge of the seat. There should be two to three inches between the seat and the back of your knees.
- Adjust the height of armrests so your arms are at your sides with your shoulders relaxed. Your elbows and lower arms can rest lightly on the armrest.
- Position your computer monitor directly in front of you at about arm's length. The top of your monitor should be at eye level.
- Avoid extending or reaching for the items you use most. When typing or using a mouse, your arms should rest at your sides and your wrists should be in a neutral position.
- You shouldn't feel numbness, tingling, stiffness, cramping or general discomfort while working.
- Don't sit all day. Even if you get regular exercise, sitting for long periods can affect your blood sugar, triglycerides, cholesterol and waist size, increasing your risk of health problems like heart disease and diabetes. Alternate sitting and standing throughout the day, and take time to stretch or take a walk.



Lifting objects safely

1. Get as close as you can to the object you are lifting. Having the object close to your body puts less force on your low back.
2. Maintain the curves of your spine. Keep yourself in an upright position while squatting to pick up the object.
3. Tighten your abdominal muscles. This supports your back. But don't hold your breath!
4. Lift with your legs.
5. Pivot, don't twist. When you need to turn, pivot by moving your feet. Don't twist your back.
6. Get help if you can't lift something safely on your own.

More resources for your health

If you have a health condition, **Disease Management Nurse Coaching** can give you personal support to help you reach your best health. You can participate if you have asthma, chronic kidney disease, chronic obstructive pulmonary disease, chronic pain, congestive heart failure, coronary artery disease, diabetes, high blood pressure or high cholesterol. Enroll today to start speaking with an expert nurse coach.

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