

Company Name: _____ Dept: _____ Location: _____ Date: _____

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WELLNESS/FITNESS

One of the components of workplace safety most likely to be overlooked is wellness and fitness. Reporting to work in good shape seems an obvious enough personal responsibility, for the sake of yourself and your family, as much as it is helpful to your employer. Well-tuned and agile bodies can be as important to productivity as alert and agile minds.

Ergonomics studies have certainly shown that wellness and fitness are factors, which influence accidents, injuries and illness. If you are on medication and/or prescribed drugs, tell your superintendent and make the necessary adjustments on the job. Drowsiness can be dangerous not only to yourself but also to your fellow workers.

Staying in shape and keeping fit has as many advantages to you personally as it does to your employer. The physical demands of the job certainly makes life easier for you if your body is "up to it" - you are more productive and can handle the demands more safely for longer periods of time. Greater stamina can be an important contributory factor to doing the job the way it should be done, without cutting corners, taking short cuts or greater risks in order to keep up with the production schedules.

Medical research shows convincingly that healthy living improves your chances for a long healthy life. The basic guidelines offered in medical journals are to exercise, eat sensibly and try not to let yourself become overweight. Even if you are out of shape right now, you can gradually move into a healthier living pattern - ask your doctor for advice - it will benefit you by lowering the risks of developing preventable illnesses in the future.

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Document Filing Reference

Notes & Suggestions