

# Get in S.T.E.P. Safety Takes Every Person

**SAFE -- Staying Accident-Free Everywhere**

## Voluntary Protection Programs (VPP)

### 4 Major Elements

1. Management Commitment and Employee Involvement
2. Worksite Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

## Lower High Blood Pressure

High blood pressure makes the heart work harder. It increases the risk of developing heart disease, as well as kidney disease and stroke. Also called hypertension, it usually has no symptoms. Once developed, it typically lasts a lifetime.

To help prevent or control high blood pressure, you should:

- Lose excess weight
- Become physically active
- Follow a heart healthy eating plan, including foods lower in salt and sodium
- Limit alcohol intake

If you are prescribed a medication, take it as directed.

## Heart Disease and Stress

Are stress and heart disease related? Does stress increase the risk of heart disease? Stress is a normal part of life. But if left unmanaged, stress can lead to emotional, psychological, and even physical problems, including heart disease, high blood pressure, chest pains, or irregular heartbeats.

## How Does Stress Increase the Risk for Heart Disease?

Medical researchers aren't sure exactly how stress increases the risk of heart disease. Stress itself might be a risk factor, or it could be that high levels of stress make other risk factors (such as high cholesterol or high blood pressure) worse. For example, if you are under stress, your blood pressure goes up, you may overeat, you may exercise less, and you may be more likely to smoke.

If stress itself is a risk factor for heart disease, it could be because chronic stress exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to changes in the way blood clots, which increases the risk of heart attack. (webmd, 2010)

## How do I lower my cholesterol level?

More than 105 million Americans have high cholesterol, which can increase the risk of heart disease, including heart attack, according to the American Heart Association.

"Even though factors like genetics and age cannot be changed, individuals can make simple lifestyle modifications that can help lower blood cholesterol and reduce the risks of developing heart disease," said Mary Jane Osmick, M.D., vice president and medical director at LifeMasters, a national provider of health improvement programs.

Here are some tips to help maintain healthy blood cholesterol levels:  
Ditch the fats. Avoid foods with high amounts of saturated and trans fats, like fast foods, egg yolks, liver and butter. Add lots of fruits and vegetables to your diet and choose lean meats, low-fat milk products and beans as good protein sources.

Battle the bulge. Losing weight decreases the level of "bad" cholesterol in your blood and increases the amount of "good" cholesterol that aids in preventing heart disease.

Get active. A sedentary lifestyle greatly intensifies high cholesterol. Incorporate moderate activity into your life such as attending a dance class, gardening or walking with a friend.

Kick the smoking habit. It is bad for your heart.

Learn about your health risks and take action to improve. Learn your family medical history and your genetic history in relations to high cholesterol and heart disease.

Share this with your doctor and form a program together.  
--Statepoint Media (Healthy U, 2007)

We would like to appreciate an employee from S.E.) for his great work at the Laser lab. Willie keeps the lab very clean and organized, which makes the Laser Lab a very safe environment to work. Willie has never missed any Monthly Safety Meeting/Training. Thanks for creating a safe work environment for yourself and others working with you.

Have any questions, comments, or suggestion, e-mail me TODAY.  
No comment or suggestion to small.

(575)678-2756

## Get in S.T.E.P.

# Safety Takes Every Step

By eating a balanced diet, drinking alcohol with moderation and increasing your levels of physical activity, you can maintain a healthy body and heart"

### Look at the label

Processed foods now have to have a list of main ingredients. Many foods also show nutritional information. However, this information is often in a form that is difficult to understand.

### Guide to food labeling

For ready meals and foods you eat in large amounts, look at the amount per serving. For snacks, and foods you eat in small amounts, look at the 'per 100g' information. Work out from the table whether there is a lot or a little of each nutrient in the food. Remember - the most important nutrient to look for is fat.

The daily guidelines on the next page are a very rough guide to the recommended daily amounts of calories and nutrients for an average man or woman. You can use this information to help you make sense of food labels. For example, if a ready-made meal contains 50g of fat, you know that it has over half the recommended amount of fat for the day.

### What's a lot and a little?

A Lot	A Little
10g of sugars	2g of sugars
20g of fat	3g of fat
5g of saturates	1g of saturates
3g of fibre	0.5g of fibre
0.5g of sodium	0.1g of sodium

### Daily guidelines

Nutrient - Men	Nutrient - Women
Energy = 2,500kcal	Energy = 2,000kcal
Sugars = 70g	Sugars = 50g
Fat = 95g	Fat = 70g
of which saturates = 30g	of which saturates = 20g
Fibre = 20g	Fibre = 16g
Sodium = 2.5g	Sodium = 2g

### Healthy Eating

Too much saturated fat from red meat, biscuits, cakes, chips and dairy products can clog up your arteries and put a strain on your heart. However, eating fish, poultry and vegetables etc can help.

### Did You Know?

Eating at least 5 portions of fruit and vegetables a day will reduce the risk of coronary heart disease  
Reducing the total amount of fat you eat will reduce the amount of fats in your blood.  
Eating oily fish regularly can help reduce the risk of coronary heart disease.  
Reducing the amount of salt you eat will also keep your blood pressure down.  
Too much alcohol can damage the heart muscle. (Hodgson,2009)

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Visit these WEBSITES to find more information on Safety!  
[www.osha.gov](http://www.osha.gov)  
[www.americanheart.org/](http://www.americanheart.org/)  
[www.lcsun-news.com/las\\_cruces-healthy\\_u](http://www.lcsun-news.com/las_cruces-healthy_u)

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