



Teamsters Local 952 Promotes Work Place Safety

Teamsters Take 5
for Safety and Health!
November 2009

YOUR WORKERS' COMPENSATION BONUS IS AT RISK!

Work-Related Injury Claims, Costs and Litigation Have Increased

The Collective Bargaining Agreement provides for a Workers' Compensation Reduction bonus if certain, defined standards are met. Currently, due to an increase in claims and litigation (costs), your bonus for 2010 is at risk. At this point, we are not in a bonus-sharing position. You can help to reverse this negative trend (and move back into a bonus-sharing position) by being fully present (alert and engaged) while you are at work, using proper body mechanics and maintaining good overall health. It's up to you! Work smart and work safe!

EXERCISE

THE KEY TO WEIGHT LOSS, HAVING MORE ENERGY, PREVENTING CHRONIC HEALTH PROBLEMS, IMPROVING YOUR HEALTH AND OTHER GOOD STUFF!

According to the Centers for Disease Control and Prevention, physical exercise is a component of good overall health. For adults, they recommend 2 hours and 30 minutes of moderate-intensity aerobic activity every week. This equates to 150 minutes per week or 30 minutes 5 days per week. Moderate-intensity aerobic exercises can include brisk walking, swimming, easy jogging, bicycling and ballroom or line dancing **OR**— 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity every week (race walking, walking up hills, running, martial arts, etc.) **and** muscle-strengthening activities (lifting weights, using weight machines, etc.) on two or more days per week that work all major muscle groups **OR**—an equivalent mix of moderate and vigorous-intensity aerobic activities **and** muscle-strengthening activities 2 or more days per week that work all major muscle groups.



Make health and safety your mission!

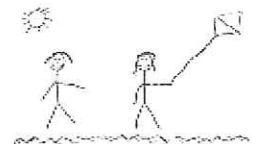


Stress Relief Technique Deep Breathing

There are a variety of techniques designed to help reduce stress. Deep breathing is one of them. This can be done anywhere and does not require any special equipment or circumstances. Try this technique the next time you feel the effects of stress creeping up on you. You can also make this a daily practice.

- ◇ Sit comfortably with your back straight (you can also do this while lying down). Put one hand on your chest and the other on your stomach.
- ◇ Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- ◇ Exhale through your mouth. Push out as much air as possible while tightening your abdominal muscles. Make sure that the hand on your stomach moves as you exhale. The hand on your chest should remain as still as possible.
- ◇ Continue to breathe in through your nose and out through your mouth. Inhale enough so that your lower abdomen rises and falls. Be sure to count slowly as you exhale.

BREATHE!



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