



## FOOD DAY

Food Day is a nationwide celebration and a movement for healthy, affordable and sustainable food. Food Day takes place every October 24. Events encourage Americans to eat healthier foods and strive for improved health policies.

Join your fellow UC faculty, staff and students in the nationwide celebration of healthy, affordable and sustainably produced food.

[Take the Pledge to Eat Real!](#)

### JUNE/JULY POSTER



Healthy Celebrations  
& Potlucks

## Think Before You Lift!

By: Kyle Clayton, NSCA-CSCS, UCLA Recreation-FITWELL

Use these simple principles to protect yourself from back injuries.

**Brace the spine to prevent injury.** Inactive spinal stabilizers will put the load on your vertebrae instead of your muscles.

- Stand up in a tall, relaxed posture.
- Take a breath in, and tighten the muscles of your stomach, sides, and lower back.
- Move at the hips, knees, and shoulders to get into position--not the back.
- Push through the heels to stand up, engaging your powerful hip muscles.
- Breathe, but keep the tension in your core muscles throughout the lifting effort.

**Keep it close.** The farther an object gets away from your center, the more load you place on your spine.

- Get as close as you can to the object before lifting it.
- Keep your elbows bent and close to your sides while holding or carrying the object.
- Do not extend your arms to set it down. Instead, move your entire body closer and lower the load with your hips and knees.

**Build a bridge.** When using one hand to pick something up from a lower area:

- Place the free hand on an immobile object,

such as a table, or your own thigh.

- Lean some of your weight onto your braced hand.
- Grasp the object with your lifting hand.
- Use your legs to stand up, with the help of your braced hand.

**Point your toes where you want to go.** When the feet, hips, and shoulders are all squared up to the same direction, the spine is protected from rotational forces.

- Square up feet, hips, and shoulders to your object.
- To turn or walk with object, start by pointing your toes in that direction and make sure your hips and shoulders follow.
- Avoid turning the shoulders first, as this rotates the spine under a load.

**Store objects intelligently.** Many lifting accidents can be prevented by setting yourself up for success ahead of time.

- Objects that weigh over 40 lbs should be stored between knee and chest level, so you don't have to stoop too low or reach too high.
- Objects that weigh between 10-40 lbs should be stored on ground level or low shelves, at knee height or slightly below.
- Objects that weigh less than 10 lbs can be stored at chest height or higher, provided you can reach them without straightening your elbows or standing on your tip toes.

[View more Safe Lifting Tips](#)

**JUNE IS NATIONAL  
SAFETY MONTH --  
DO YOUR PART TO BE  
SAFE!**

- Texting while driving is unsafe and illegal in CA and doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injures someone involves distracted driving.
- One in 3 older adults falls each year. Many falls lead to broken bones and other health problems. Walking helps strengthen bones. Check out your UC locations walking programs.
- Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.
- Not only is texting while driving against the law – but also against UC Policy: Section IV, Employees <http://policy.ucop.edu/doc/3420357/BFB-G-46>

Source: healthfinder.gov

## Cleaner Air for California Colleges, the State and the US



Tobacco use is the single largest preventable cause of disease and death in the United States. All UC campuses and medical centers have been [smoke and tobacco free](#) since January 1, 2014 and a new bill, AB 1594 - Smoke/Tobacco-Free College Campuses, would prohibit the use of all tobacco products, including e-cigarettes, on all UC, CSU, and community college campuses. This bill passed through the Assembly on April 25 and now goes to the Senate. In addition, Governor Jerry Brown has enacted California's most significant new tobacco regulations in decades, signing in five laws that will place tight restrictions on use of the increasingly popular e-cigarette and make California the second state to raise its smoking age to 21. [Read more here.](#)

More legislative news comes from actions by the FDA. As part of its goal to improve public health and protect future generations from the risks of tobacco use, the FDA has extended its authority to cover all products that meet the definition of a tobacco product. Currently, the FDA regulates cigarettes, cigarette tobacco, roll-your-own tobacco, and smokeless tobacco. With the FDA's additional authority, effective August 8, 2016, they will regulate electronic nicotine delivery systems (such as e-cigarettes and vape pens), all cigars, hookah (waterpipe) tobacco, pipe tobacco and nicotine gels, among others. The FDA will soon be able to:

- Review new tobacco products not yet on the market;
- Help prevent misleading claims by tobacco product manufacturers;
- Evaluate the ingredients of tobacco products and how they are made; and
- Communicate the potential risks of tobacco products.

On a local level, UC's Systemwide Smoke/Tobacco-Free Policy Task Force (photo), met with President Napolitano this last February, to provide an update on the policy implementation successes and challenges. An outcome of the meeting is a new Presidential Initiative on Tobacco Control, which could leverage our UC resources in tobacco control to further UC's mission of teaching, research, and service regarding the leading preventable cause of mortality.



## CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

[UC Irvine](#)

[UC San Diego](#)

[UCOP](#)

[UCLA](#)

[UC San Francisco](#)

[UCANR](#)

## Systemwide WorkStrong Program and COE Initiative

UC's systemwide WorkStrong program has been around for about 4 years now, helping our employees with repeat work related injuries increase their overall health and fitness level in an effort to improve recoveries, reduce future work injuries, and save dollars for the University. So far, the results have been outstanding.

Each UC campus/health system has its own unique program to suit the needs of its employees. All locations offer the core services of WorkStrong, which include a 6 month gym membership, exercise guidance and nutrition counseling. Some locations also offer additional services like cooking classes, Biofeedback training, Life Coaching and massage.

This year, the WorkStrong program has established a Center of Excellence led and overseen by Alison Frink, the WorkStrong Coordinator at UCLA. The mission and goals of the WorkStrong CoE initiative are as follows:

**Mission:** The WorkStrong CoE is a shared resource for all campuses to support increased enrollment in the local WorkStrong programs system wide. Participation in WorkStrong will decrease the likelihood of repeat occupational injuries and result in improved worker health, fitness, and overall well-being.

### Goals:

1. Visit each UC Campus and work directly with the WorkStrong Coordinator and WorkStrong Partners (Occupational Health, Risk Services, Recreation and others) to evaluate program's strengths, challenges and to identify obstacles to enrollment.
2. Develop an action plan and implementation steps to overcome local program challenges and improve employee enrollment in WorkStrong.
3. Conduct a follow up session to review action plan progress, goals, and adjust implementation plan accordingly.
4. Collect best practices and share information across the WorkStrong programs system-wide. Standardize processes and paperwork as appropriate across the system.

[Find your local WorkStrong program](#)

Email [Alison Frink](#), WorkStrong CoE



## HEALTH, WELLNESS & NUTRITION RESOURCES:

[UCSD How to Safely Lift & Carry](#)

[UCB Healthy Meetings & Events](#)

[UC Smoking Cessation Resources](#)

[CA Smokers Helpline](#)

[UCI Tips to Move More](#)

[UC Campus & Health System Wellness Programs](#)

[UC Wellness Resources](#)

## UPCOMING EDITIONS

**September:** Safety Training

**October:** Fire Prevention

**November:** Preparedness

**December/January:** Family Safety & Security

## FEEDBACK, PLEASE

Send an email to [EHS@ucop.edu](mailto:EHS@ucop.edu) to submit your comments on the June/July issue or to suggest content ideas for future issues. We look forward to hearing from you!