

UC SAFETY SPOTLIGHT

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Health, Wellness and
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POSTER OF THE MONTH

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Poster of the Month
Presented by the Environment, Health & Safety Leadership Council
By uhs.berkeley.edu/bewellstwork

TIPS FOR GETTING a Good Night's Sleep

If you are having trouble sleeping, you're not alone. About 30% of adults have trouble sleeping and chronic sleep deprivation can affect your health, safety, alertness and work performance. Most adults need 7-9 hours of sleep each day to function their best. Here are some tips to help you get a good night's sleep.

- Exercise regularly**
Working out can decrease your anxiety and improve your sleep. However, it is important to not exercise too close to bedtime.
- Go to bed and wake up at the same time each day**
Establishing a consistent sleep schedule can help you get a better night's sleep. Try to go to bed and wake up at the same time every day.
- Create a bedtime routine**
Establishing a consistent bedtime routine can help you get a better night's sleep. Try to go to bed and wake up at the same time every day.
- Limit electronics at bedtime**
The blue light from electronics can interfere with your sleep. Try to avoid using electronics at least one hour before bedtime.
- Limit food and drinks that may keep you awake**
Avoid caffeine, alcohol, and heavy meals close to bedtime. Caffeine can keep you up to 12 hours after you drink it. Alcohol can interfere with your sleep.
- Cool down your room**
It's best to keep a cooler environment than a warmer one. The ideal temperature for sleeping is 65-68°F (18-20°C). Use fans, open windows, or use a cooling blanket to keep your room cool.
- Focus on one task at a time**
If you are having trouble sleeping, try to focus on one task at a time. This can help you get a better night's sleep.
- Create a routine for daytime sleeping when working nights**
If you are working nights, try to establish a routine for daytime sleeping. This can help you get a better night's sleep.
- Talk to your doctor**
If you are having trouble sleeping, talk to your doctor. They can help you determine if there is a medical cause for your sleep problems.

UC SAFETY
The Environment, Health & Safety Leadership Council
University of California, Berkeley
uhs.berkeley.edu

Ergonomics and Your Health

By Mallory Lynch, Ergonomist, UC Berkeley

Sitting could be killing you! Are you surprised? Probably not, because there has been lots of information about this online, in newspapers, research articles and books. Some of the health concerns associated with prolonged sitting are obesity, heart disease, diabetes and cancer. Your body is designed to move. It's not just a matter of how physically active you are, but also how much time you spend sitting. How can you improve your health if you have a job where you sit the majority of the day, like working on a computer, providing therapy to clients or driving a bus? Moving more is critical and in some cases ergonomic improvements can be helpful.

What does "moving more" mean and how can you incorporate it into your daily life? Joan Vernikos, former director of NASA's life sciences division, recommends constant, natural movements that resist the force of gravity. [\(Read More\)](#)

WorkStrong Update

By Alison Frink; UCLA WorkStrong Coordinator

It has been a great year for WorkStrong, UC's systemwide initiative to improve the overall health and fitness level of employees with work related injuries. In an effort to increase the number of UC employees who are eligible and able to participate, we have focused on two areas this past year. First we needed to ensure there was a WorkStrong Coordinator at each location to drive the program. Secondly, the WorkStrong Center of Excellence (CoE) initiative began with the charge of standardizing processes across the system and supporting individual locations in increasing enrollment of their injured workers.

The good news is that we have added a new full time WorkStrong Coordinator at UC Riverside, UC Santa Barbara, UC Santa Cruz and UCSF, making the program more readily available at almost all of our locations. We expect that soon we will be offering the WorkStrong program to eligible employees at LBNI, UC Path, UCOP and UC Merced as well as adding one more full time WorkStrong Coordinator this coming year. [\(Read More\)](#)

SUMMERTIME FOOD SAFETY BY ALAN SAHUSSANUN

With summer approaching and the days getting longer, more and more people will be spending their time outside enjoying various activities with family and friends. Opportunities to spend time with family at a barbeque at the park or having a beach day with some friends will provide a different dining environment than the typical indoor setting. As pleasant as it may be to having a change in scenery when eating, it is very important to be mindful about food safety.

Warmer temperatures allow for bacteria to flourish and can lead to possible foodborne illness. The CDC estimates that about 48 million people will become sick with a foodborne illness each year. Keeping cold foods cold (below 41°F) will slow down bacteria growth and cooking hot foods to the proper temperatures and keeping them hot (above 135°F) will kill most harmful bacteria. Without any proper cold/hot holding equipment, it is likely that food will end up falling between 41°F to 135°F, which happens to be the ideal temperature for bacteria to grow.

There are four simple steps that can be taken to reduce the risk of acquiring a foodborne illness: Clean, Separate, Cook and Chill.

Clean – Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before handling food items and after events where they may have been contaminated.
- Wash your cutting boards, utensils and countertops after each use.
- Rinse fresh fruits and vegetables under running tap water, including those with skins that may not be eaten.

Separate – Don't cross-contaminate

- Keep raw meat, poultry, seafood and eggs separated during storage.
- Use separate cutting boards during the preparation of raw meat, poultry, seafood and vegetables or clean them after each use.
- Keep cooked foods separated from raw meat, poultry, seafood and eggs.

Cook – Cook foods to the safe internal temperatures

- Use a thermometer to ensure the internal temperatures of cooked meat, poultry, fish and eggs.
- When using a microwave oven, make sure food items are heated to at least 165°F and that soups, sauces and gravy are brought to a boil. Make sure there are no cold spots in the food.

Chill – Refrigerate promptly

- Refrigerate or freeze meat, poultry, eggs and other perishable food items once you return home from the store.
- Do not let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature for more than two hours; consider reducing this during warm summer days.
- Do not defrost food at room temperature.
- Use or throw away refrigerated food on a regular basis.

Being mindful of these food safety tips will allow for safer family gathering and celebrations.

Ergonomics and Your Health

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Her emphasis is on the number of sit-to-stand adjustments rather than the length of time you stand. In other words, she recommends going from sitting to standing and back again 30-35 times a day. For a typical workday that would be about 16 times or twice an hour. Here are a variety of Move More tips that can help you change your position during the day.

The best way to alternate between sitting and standing during the day is to choose things that are easy to follow and maintain, based on your schedule, job, body condition and willingness to move more. When you work in an office, Dr. Alan Hedge of Cornell University recommends that in every 30 minutes people sit for 20 minutes, stand for eight minutes and then move around and stretch for two minutes. He does not recommend standing for longer than 10 minutes at a time.

In the office computer work environment, some companies have incorporated sit-to-stand workstations that promote posture changes throughout the work day and have positive ergonomic and health benefits. This type of ergonomic intervention can help the user work at the best seated height and also provide an opportunity to work productively in a standing position.

Whether your department (or campus/medical center) has been able to incorporate these types of workstations into your environment or not, ultimately it is up to you to create a work environment that encourages you to fight gravity throughout the day. Whether you choose to stand up to speak on the phone or participate in a webinar, walk to a printer or take the stairs to collaborate with a colleague, it is important to move frequently throughout the day to stay healthy.

WorkStrong Update

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The WorkStrong CoE started in April 2016, and site visits have taken place at UC San Diego, UC Irvine and UC Irvine Health System, UC Berkeley, UCSF, UC Riverside and UC Santa Barbara. The WorkStrong CoE, led by Alison Frink, WorkStrong Coordinator at UCLA, is a support system for the WorkStrong program at each location to help standardize paperwork and processes, as well maximize enrollment in WorkStrong at each location.

“The WorkStrong CoE site visits are an opportunity for the WorkStrong Partners (Occupational Health, Risk Services, Recreation and others) at each location to come together, brainstorm solutions, share best practices and get everyone rowing in the same direction,” says Frink. Since the CoE program began, systemwide enrollment in WorkStrong has increased by 32%.

With a goal of decreasing the number and cost of future work-related injuries in employees who participate, WorkStrong has become an important and impactful tool in saving dollars for the university. It has also been highly impactful to the people who participate by helping them

change their habits, exercise more, lose weight, take less medication and just plain feel better!

For more information about the UC WorkStrong program [click here](#).

WorkStrong Application

Late in 2015, to help facilitate the WorkStrong initiative, Risk and Safety Solutions teamed up with subject matter experts to replace an outdated third-party system being used by Sedgwick Claims Management and the Wellness Coordinators for each campus.

The WorkStrong application, released last spring, has proven to not only streamline the work involved in administering the program, but also provides a way for campus coordinators to report out on the information they've collected – a process that used to involve maintaining and manually updating several spreadsheets. The WorkStrong application now provides detailed reporting capabilities, including how much it costs each campus to administer the program and a feature that allows users to create weekly call lists, track the average program length and cost and compile other trending data for the UC Office of the President.

All 10 UC campuses and five medical centers are using the WorkStrong application. To learn more about it, contact service@RiskandSafetySolutions.com



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 Davis](#) • [UC Irvine](#)
[UCLA](#) • [UC Merced](#) • [UC Riverside](#)
[UC San Diego](#) • [UC San Francisco](#)
[UC Santa Barbara](#) • [UC Santa Cruz](#)
[UCOP](#) • [UC ANR](#)

RESOURCES

50 Tips to Move More at Work:
https://wellness.ucr.edu/docs/movemore/movemore_50tips.pdf

Move More: https://uhs.berkeley.edu/sites/default/files/move_more_handout_0.pdf

UC WorkStrong: <http://www.ucop.edu/risk-services/risk-financing-claims/workers-compensation/workstrong-program.html>



FEEDBACK PLEASE

Send an email to safetyspotlight@ucdavis.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!

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