

2021 JULY UV Safety & Ergonomics Awareness



CRETEX RESOURCES



go.cretex.com/ergonomics

Improve Your Health With Proper Ergonomics & Frequent Movement

Research has found that a sedentary lifestyle is just as or more harmful than smoking, but we can impact this by incorporating frequent movement into our lives! Check out this online pre-recorded webinar courtesy of the *Employee Assistance Program*. You will also have access to download the following:

- **Ergonomic Workstation Reference**
- **Handout: Stretching Exercises**
- **Handout: Work Out at Your Desk**
- **Copy of the slides with lines for notes**



HealthPartners

When should you schedule an appointment for muscle pain? Schedule an office visit if you have:

- A known tick bite or could have had a tick bite
- A rash, especially the "bulls-eye" rash of Lyme disease
- Muscle pain, especially in your calves, that occurs with exercise and resolves with rest
- Signs of infection, such as redness and swelling, around a sore muscle
- Muscle pain after you start taking or increase the dosage of a medication — (particularly statins — medications used to control cholesterol)
- Muscle pain that doesn't improve with self-care

*Reminder: employees & covered spouses can earn 50 points for completing a preventative care visit as part of the **2021 Be Well Incentive Program**.*

www.mayoclinic.org/symptoms/muscle-pain/basics/when-to-see-doctor/sym-20050866?p=1

Marathon Health Education Session
Summer Fun in the Sun

Summers can be filled with swimming, hiking, biking, and lots of sunshine. Learn about how to defend yourself against the sun's harmful rays, bug bites, and more! Kick back and relax this summer, knowing how to protect yourself and your family and have summer fun!

*** Don't forget to log in to my.marathon-health.com & mark a Marathon Health education session as complete to earn 5 points!***

Please scan this QR Code using a smartphone or tablet to easily view this education session.
You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

EXTERNAL RESOURCES



Ergonomics

It is the science of coordinating physical working conditions to workers. The word comes from the Greek word *ergon* (meaning work) and *nomos* (meaning laws). Proper ergonomics can ease job stress and prevent chronic injuries and disabilities, such as:

- Carpal tunnel syndrome
- Excessive fatigue
- Eyestrain & irritation
- Blurred vision
- Headaches
- Stress
- Neck pain
- Back pain

https://www.advantageengagement.com/scripts/print/print_page.php?id_cr=31624



7 Simple Ergonomics Tips

1. Practice good posture
2. Change up your body's positioning
3. Lift with your knees
4. Use a good chair
5. Make your computer/station work for you
6. Look after your eyes (reminder: 20-20-20 rule)
7. Chill out - relax your muscles!

www.osg.ca/7-simple-tips-for-improving-workplace-ergonomics/



Protect Your Skin from the Sun

It is important to think about how we can protect our health when it comes to UV rays all year (not just summer). We have to think about shade, sunscreen, clothing choices and more! For example, did you know that if the UV index is 3 or higher in your area, you need to protect your skin from too much exposure to the sun? Learn more in depth sun safety tips: www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

