

Health and Wellness

As valued employees, your health and wellness is very important to our organization. Our employees are vital to the continued success of Optimal. We all are very focused on safety and tend to think of safety topics that pertain to field or shop work. We have our HSEQ policies for quality, safety and environmental issues. What many of us ignore or forget about is the health part of the equation. If you are not aware, our HSEQ Department is tasked with the health of our employees. Many of us perform the majority of our work from behind a desk. As odd as it may sound, this places a great deal of strain on our bodies. Lack of movement and stretching, coupled with bad posture and improper seating position can cause numerous injuries. It is very important that during the day we all make time to stand up, stretch, and walk around every 30-45 minutes. Ensure your seats are adjusted to the proper height to reduce strain. Also, proper hydration is very important. If you are a coffee drinker, ensure you are drinking at least glass of water for every cup of coffee. Most reputable medical associations recommend drinking at least eight 8-ounce glasses of water a day. Obviously if you are exercising or working in the extreme heat, those numbers should increase. Below are some simple stretches that can be done while you are in your office. In future issues we will discuss muscle strains and injuries related to lifting.

1. Neck: Slowly turn your head to the right, then left. Bring your chin to your chest and hold; then gently look up at the ceiling. Rotate your head right, then left.
2. Arms and Back: Clasp your hands and push up. Hold, release, and repeat three to five times. Stand up and extend arms up, bend at the waist right, hold, and repeat left.
3. Chest: Interlace your fingers behind your back. Inhale and pull arms back and up while sticking out your chest. Hold and release. Perform this three to five times.

