

Safety Source

Get off Your Seat and on Your Feet!

Being physically active can be easy to incorporate into your busy schedule. Being active gives you more energy, lowers your stress, and helps you to relax. It also lowers your risk of type 2 diabetes, high blood pressure, stroke, and certain types of cancer. During an average work day it is recommended to walk with a co-worker during breaks or lunchtime, use the stairs instead of the elevator, and choose a lunch site that you can walk to. For information on work station ergonomics and work station stretching, please see the pamphlet provided to the right.

PAUSE

ONE OF THE RISKS ASSOCIATED WITH PROLONGED COMPUTER USE IS LACK OF MOVEMENT. IF YOU HAVE MULTIPLE TASKS TO PERFORM AND YOUR WORK CHANGES OR IF YOU GET INTERRUPTED FREQUENTLY, YOU MIGHT BE MOVING SUFFICIENTLY.

IF NOT, YOU NEED TO CREATE INTERRUPTIONS FOR YOURSELF, SUCH AS...

- * SHORT TASK BREAKS OF ABOUT 60 SECONDS ARE SUGGESTED EVERY 20-30 MINUTES. DURING THAT TIME, TAKE YOUR EYES OFF THE COMPUTER SCREEN AND GET OUT OF THE CHAIR.
- * TAKE A SHORT WALK OR DO SOME STRETCHES.
- * TAKE LUNCH AWAY FROM THE DESK.

TRY A STRETCH...

LIFT THE ARMS HIGH

PINCH THE SHOULDERS

SHRUG YOUR SHOULDERS UP & DOWN

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COMPUTER ERGONOMICS Self-Assessment

MAXIMIZE YOUR COMFORT: Prepare, Position, Perform, Pause

Death by Sitting

For decades sitting at a desk has been the norm. But thanks to science and research we now know that sedentary behavior causes a host of health and wellness problems – from poor circulation to premature spinal disc degeneration – and is detrimental to our long term well-being.

An estimated 70% of the U.S. workforce sits in offices each day and the average American spends around 95% of the workday seated. Sitting for extended periods of time results in negative health implications: inhibits LPL enzymes which are responsible for burning fat, lowers metabolism, lowers HDL (good cholesterol), and lowers demands of the circulatory system. These result in slower heart activity and blood flow, which elevates fatigue and results in the body going into

hibernation mode. Is sitting the problem and standing the solution? Short answer: NO! Prolonged standing is linked to foot pain, varicose veins and static muscle fatigue. It causes joints in the hips and knees to become temporarily immobilized in turn causing damage to tendons and ligaments.



Movement is the key! We need movement, and more of it. Researchers recommend factoring more breaks into the workday and striking a balance between seated and standing positions.

Researchers suggest standing for 15 minutes every hour boosts circulation, takes pressure off the spine and balances muscle use. Rebooting the body and mind regularly also enhances productivity and reduces fatigue.

Coming in May



BBQ Food Illness Prevention

Have a Safety Concern?

Report it anonymously [Here.](#)



Survey Contest

[Click Here](#) to take a survey for a chance to win a Starbucks gift card!



Latest Winner of Survey Contest



Congratulations Tawn Gillihan!
Enjoy your coffee!

Alternating between sitting and standing postures is good for our waistlines, too. A 2009 Mayo Clinic study found it was possible to burn an additional 340 calories per day by spending two hours standing instead of sitting.

Break your day into chunks: sit 45 minutes and stand for 15 minutes. Stand while you take that phone call, have walking meetings, move the printer farther away so that you have to get up out of your seat to access it.

Start small and incorporate a movement break once a day and build on that.

Have a department break: once a week do stretching exercises for 10 minutes together! You'll find that you feel better both physically and mentally.

The key is to move throughout the day! So get off your seat and on your feet!

Not Just a Man's Disease

According to the American Heart Association, heart disease is the number one killer of women in America causing 1 in 3 deaths each year. Even more troubling is that 1 in 5 women believe that heart disease is her greatest health threat. There are preventative steps that men and women can take in order to lower their chance of heart disease, and they are to not smoke, stay active, and eat healthy. For more preventative steps, visit the American Heart Association website at goredforwomen.org.



CSU Stanislaus shows their support for the American Heart Association "Go Red For Women" campaign.

For women especially, it is important to decipher the myths from the facts about heart disease. Here are a few myths vs facts.

- MYTH: Cancer is the real threat for women.
FACT: Every year 1 in 31 American women die from breast cancer; however, heart disease claims the lives of 1 in 3.
- MYTH: Heart disease is for old people
FACT: Heart disease affects women of all ages. For younger women, the combination of smoking and birth control pills boosts heart disease risks by 20%.
- MYTH: I do not have any symptoms.
FACT: 64% of women who die suddenly of coronary heart disease had no previous symptoms.

The real fact is that relying on these false assumptions can cost you your life. For more information on heart disease and how it affects women, visit the American Heart Association website at goredforwomen.org.

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