



Safety in the Sun and on the Road

Safety and wellness are closely related. Reinforcing the relationship between health, wellness and workplace safety will result in a healthier more secure and productive workplace. Employees will experience benefits that enrich both their professional and personal lives. A healthy body is less susceptible to injury and disease, creating a safer workplace and reducing the potential for injury.

One of the greatest safety risks is something we are all exposed to every day – UV exposure. Protection from the sun is important all year round, not just during the summer. Sun exposure is great when it is reflected by water, snow or concrete, so have protection available year-round. According to the American Academy of Ophthalmology, the UV radiation in sunlight can damage eye tissue. It may cause blindness, cataracts and macular degeneration. Sunglasses protect your eyes from UV rays and reduce the risks.

Easy steps to use for sun exposure

- Use sunscreen with sun protective factor SPF 15 or higher
- Wear clothing to protect exposed skin
- Wear a hat with a wide brim to shade the face, head, ears and neck.
- Wear sunglasses the wrap around and block as close to 100% of UVA and UVB rays as possible.
- Seek shade, especially during midday hours.

Another safety issue we all deal with is driving. You cannot control other drivers, but you can drive defensively.

Reduce your risk on the road

- Keep your vehicle properly maintained
- Always use seat belts and other safety systems
- Avoid distractions such as cell phones and focus on driving instead
- Maintain a safe distance between you and the vehicle ahead of you

Understanding that workplace safety is about more than the obvious is a great first step. Finding ways to improve employees well-being in a more comprehensive manner can lead to reduced healthcare expenses and improved morale. Happy, healthy employees are more likely to be long-term, productive employees. For assistance in developing a more comprehensive wellness plan for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5018 or Sharon.Rateike@forthc.com.

