

# SAFETY & WELLNESS UPDATE



MAY 2018

## Appropriate Footwear and Warmer Weather Slip, Trip and Fall Prevention

Well, it's that time of year! The time of year when we look forward to the bright sunshine and all the outdoor recreational activities it brings. This may not be the time of year when you typically think about slip, trip and fall prevention, but each season comes with different risks. The following provides an overview of things to consider to stay safe this summer and prevent slips, trips and falls.

### Lexington Policy on Footwear:

Lexington policy regarding footwear is simply that it must be safe, well fitted and supportive. Some specifics include ensuring that there is appropriate support for the ankle, and absolutely no flip-flops, please!

It is important to consider all the reasons why you need to wear the appropriate footwear. You should judge what is "safe, well fitted and supportive" footwear based on what you do on a daily basis or could expect to do, considering the weather forecasts or locations you are scheduled to go to. Those unplanned events are difficult to judge. If you do not have appropriate footwear while lifting, walking or running, pushing or pulling, it could cause slips, trips, falls, surface bruising and cuts to your feet. Included in the "safe, well fitted and supportive" footwear criteria is the traction that the footwear provides. For example, Crocs or moccasin slippers provide little to no support for the ankle as well as limited traction.

### Some Indoor Risks (considering inappropriate footwear):

- Wet floors or stairs (reminder: always, always use handrails while on stairs)
- Lifting and transferring people
- Supporting people in wheelchairs

### Some Outdoor Risks (considering inappropriate footwear):

- Sand and smaller rocks on sidewalks, parking lots and nature trails
- Uneven surfaces such as ruts, slopes and rocky stretches on nature trails
- Running or power walking for wellness activities
- Ruts and potholes as a result of harsh winters and plowing
- Uneven surfaces on sidewalks due to tree roots

Please exercise good judgment when it comes to selecting the appropriate footwear for your busy schedule. Take time for safety – it's worth it!

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## RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.ORG/WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)  
TELEMEDICINE PROVIDER:  
[UNITED CONCIERGE MEDICINE](http://UNITEDCONCIERGE MEDICINE)  
LEXINGTON MEDICAL PLAN AND CAFÉWELL LIFE POINTS PROGRAM:  
[CDPHP](http://CDPHP)

MANAGERS, PLEASE POST THIS INFORMATION AND SHARE IT WITH YOUR STAFF.

Health and wellness tips for your  
work and life, presented by:



## A Healthier Mind Equals a Healthier Heart

Mental health can have a dramatic effect on heart health and vice versa. Even though the brain and the heart are located far from one another in the body, they are intrinsically connected and have a significant impact on how the other functions.

In honor of Mental Health Month, here are some simple meditation tips that, if used properly, can help reduce stress levels and, in turn, improve heart health.

- Go to a quiet environment and sit or lie down in a comfortable position. Then, focus your attention on one thing such as a word, phrase or sound. Repeat that one thing over and over again for 20 minutes.
- Focus your attention on the muscle groups in your feet and slowly move through each group until you reach your head. As you go through each muscle group, try to imagine that you are actually breathing through those organs. As you "exhale," release the tension from the group.
- Breathing deeply from your abdomen rather than your chest increases your oxygen intake, increases your lung capacity and energy levels, speed the healing process of many disorders, and relieve anxiety, insomnia and stress.
- A final meditation exercise is to imagine that you are clearing your body of the toxins that you want to get rid of. Concentrate on releasing that energy, which will ultimately reduce the tension in your mind.

Don't let  
**stress** get the  
best of you.



**Relief** is just a  
phone call away.

We all cope with stress at some point and often it passes quickly. But other times, life's challenges can result in ongoing stress which interferes with sleep, work, and general enjoyment of life. When stress continues without relief, it can even trigger serious health problems.

If you are plagued with stress, don't suffer any longer. Your EAP offers a Stress Relief Program designed to identify the sources of stress in your life and to provide sound direction to reduce your overall stress level. Best of all, as an EAP benefit, there is no charge to you.

*To access the  
Stress Relief Program,  
follow these simple steps:*

1. Call the EAP between 9 am and 5 pm Eastern Standard Time on any weekday at 800-252-4555 or 1-800-225-2527. (While most EAP services are available 24/7, trained stress counselors are only available during certain hours.)
2. Ask to speak to a Stress Relief Counselor.
3. The Stress Relief Counselor is a trained clinician who will conduct an assessment of the underlying stress factors in your life.
4. After completing the assessment, the counselor will work with you to develop customized strategies designed to relieve your stress. The counselor will also direct you to information that will help you work on reducing stress over the long term.

It's that simple.

Call today to get relief - simply call:  
**1-800-252-4555 or 1-800-225-2527**  
on any weekday between 9 am and 5 pm EST  
and ask to speak with a Stress Relief Counselor.

[www.theEAP.com](http://www.theEAP.com)

**DO YOU HAVE ANY QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:**

Michelle Peryea, Safety and Wellness Coordinator  
127 E. State Street, Gloversville  
[peryeam@thearclexington.org](mailto:peryeam@thearclexington.org) | (518) 775-5420