

STAYWELL

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September is the IPSC Health & Safety Fair Month

- Boot Fair is Wednesday, September 4.
- Screenings are each Wednesday in September from 7 a.m. - 10 a.m.
 - Shift workers coming off nights and spouses needing to get to work will be accommodated regardless of when they show up.
- Blood Drive is Tuesday, September 24.
- Classes are being scheduled on Tuesdays and Thursdays.

Something is better than...

Whether it be the mind, muscles, nerves, energy system, or bone density, if these body parts are not stimulated properly, on a regular basis, atrophy is the result. When a person over loads and exceeds the load tolerance the body parts can be injured. I used to see a lot of injuries just after the annual deer hunt. It was with a specific group of employees that typically did not exercise because of their job class. The individual would hunt and hike for miles unprepared, doing activities he/she was not used to doing. IPSC Staywell started the Pre-hunt Conditioning Program because of the spike in injuries. Any preparation was better than the pain that followed if the individual did not prepare at all.

To increase participation, hunting products were given away i.e., radios, GPSs, gun cases. A drawing was held for a grand prize. Requests that came in for the grand prize were guns, shotguns, etc. This was discussed with Staff and the decision was made to use gift cards so the person could

choose an item of his/her choice. The program was a success for the employees and spouses who participated. Injury rates did go down significantly. The Cabela's gift card was given out, and with the success of the gift card it was proposed to use gift cards with other wellness programs.

A few years ago I attended a conference, one of the speakers discussed the results of a study regarding fitness for individuals 65-90 years of age who resided in a care facility. The study was conducted to specifically address the prevention of falls in the growing elderly population. An injury from a fall is a growing problem with the expanding aging population. Findings from this study indicated the problem was not strength deficiency that was causing individuals to fall. The actual cause was the inability for the person to make his/her balance right when he/she stumbled or lost their balance. It was limited by power or the lack of ability to quickly produce force. This finding resulted in participants being prescribed a regimen of gradual, progressive exercises to address these specific concerns. It was discovered that age did not limit the ability to become faster and stronger and ultimately produce more power. It was noted that quickness and agility could be restored, gradually through training. Getting up and doing something is better than sitting around waiting for life to end.

Results of this study showed fall incidents were reduced and the quality of life for those who participated greatly improved. The actual improvement range could be tied directly to the level of activity the elderly participants experienced. Even those with walkers or wheelchairs were able to improve his/her quality of life and restore their



independence—in almost all cases the use of walkers or wheelchairs became unnecessary.
Source: NSCA Personal Trainers Conference, March 2009.

All too often a person's quality of life and activity levels diminish with age. However, in most instances it is not because of illness or disease but, due to the lack of physical activity and neurological stimulation. The more active an individual is, and specifically the agility movement as the person ages, the better quality of life he/she will experience.

Doing something as simple as making small habit changes is better than doing nothing. Simple activities, such as using the stairs, walking the dog, walking to the post office, jumping on the trampoline with grandchildren, walking to church, or walking to the store can have a major impact on maintaining strength, agility, and power. Regular participation in "small frequent bouts of activity" can benefit health. A recent study demonstrated that using the stairs every day in place of an elevator can increase aerobic capacity by eight percent, lower blood pressure by two percent and lower bad cholesterol by four percent.

Source: Mayo Clinic Health Letter, Dec. 2008

Preventative Maintenance

Working in a power plant we, as employees, know the problems when the plant or one of its modules exceeds the load capacity. As a result we do a lot of *preventative maintenance (P.M.'s)* to keep the plant in top operating condition. By correcting the problem before it exceeds the breaking point, IPSC is able to continue to generate power at greater loads. If power is not generated, then money is not made and if money is not made then we do not have a purpose.

Much of the work at the plant is preventative maintenance. Employees perform maintenance daily to identify problems before they occur and fix any problems to reduce and eliminate the chance of a major outage that will cost more money, time, and lost revenue. In the dictionary **prevention means**

to anticipate, or forestall: to hinder: to keep from coming to pass. Many times the most important priorities in a person's life are the financial or monetary ones. But more importantly is the preventative maintenance an individual can and should perform on himself/herself. If a thousand or even a million dollar machine is worth maintaining to prevent break down, can a person put a price on his/her own preventative maintenance? The cost for management is usually much less; yet all too often the individual comes last.

Too many times in life a person is confronted with stress. Stress is caused by an overload on individual human limit switches. Some of these limit switches in the body are called proprioceptors and neuroceptors. These limit switches signal when the pain or load limit is about to be exceeded within the joints. Too often in life a person tries to decrease or treat the stress that occurs in the joint. This will give temporary relief of the pain and symptoms, but this is not enough. Stress is caused by tension. Tension occurs in the muscles. When constant tension is applied to a mechanical machine it is stressed. When machines are overstressed they break down; especially if the individual running the machine exceeds the limit switch capacity or ignores the load capacity of the apparatus. Biomechanically, if the muscles are constantly under increasing tension then the muscles, tendons, ligaments, or cartilage near the joints become stressed. When stress is present a person feels fatigue. When the body is fatigued it goes into breakdown and failure mode. The key is not to decrease the stress, but the tension that creates the stress.

Maintaining quality of life for the mind and body requires only a few simple activities **on a regular basis.** Doing something; is better than doing nothing! **Join the "Do Something for Your Health Initiative".**

