

Occupational Therapist Denise M. Miller from Glendale Adventist Medical Center teaches Logistics second shift employees how to reduce tension along the side of the upper body.



Daily stretching helps you work in your comfort zone:

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Increases circulation• Improves strength and stamina• Increases flexibility and mobility• Helps recover faster from sickness | <ul style="list-style-type: none">• Reduces fatigue at the end of the day• Improves mental alertness• Helps you work more effectively |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

MTA’s Logistics Department Makes Stretching ‘A Way of Life’

By LISA HUYNH

(Sept. 10, 2003) MTA’s Logistics Department is reaching for a better alternative to reducing injury and fatigue in the work place.

The department has adopted the Well@work Program, a three-minute stretching routine employees participate in before the start of a shift.

The Logistics department has gone nearly a year with only one lost-time injury – an injury that occurred May 23. The department hopes to prevent any more accidents with the help of the Well@work Program.

“Our stock clerks, storekeepers and receiving clerks are generally always moving boxes, lifting heavy materials and are constantly using their bodies,” says Dieter Hemsing, Logistics’ director of material management. “This program would be a good way for the employees to prepare for the days work and to have it be a daily regimen.”

Occupational Therapist Denise M. Miller from Glendale Adventist Medical Center held training sessions, last month, for the Logistics department’s day and afternoon shift workers.

Did you know...
In 2001, before the implementation of the Safety’s First Program, the Logistics Department had nine lost-time injuries. As a result, the department lost a total of 504 days of work. In 2002, after adopting the Safety’s First Program, the department had only two lost-time injuries. The program has seen about a 90 percent reduction in the number of lost days.

Miller taught the employees Well@Work fundamentals, which include stretching of the hands, arms, shoulders, neck and legs.

Stretching promotes well-being

"Stretching is a way of life," says Miller. "Stretching promotes well-being, increases flexibility and helps you recover faster from injury or illness. As you age, it will also reduce the wear and tear on the body."

Miller also gave the class tips on how to stand properly and lift heavy objects to prevent injuries and accidents.

"I think this is a great program," says Material Supervisor Dino Gutierrez. "It not only brings us together in the morning, but it also wakes us up and makes us alert."

Hemsing says the program has been getting positive feedback.

"The whole point is that we want our employees to be healthy. We want them to feel better at work and we don't want them to get hurt," says Hemsing. "The Well@work Program will make people think about stretching on a daily basis."

[Back to Bulletin Board](#)