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A Health and Safety Fair held Feb. 16 at Central City Division 1 was planned and coordinated by Division 1's Safety Committee, which includes bus operators, mechanics, service attendants and managers at the division.

Division 1 Puts An Emphasis on Health

By DAVE HERSHENSON

(March 1, 2005) Over 60 employees participated in a Health and Safety Fair conducted on February 16 at Central City Division 1. The event was planned and coordinated by Division 1's Safety Committee, which includes bus operators, mechanics, service attendants and managers at the division.

Some of the key members of Division 1's Safety Advisory Committee included Assistant Transportation Manager Beth Kranda, Mechanic Tom Singh, Service Attendant Angela Heard, Transportation Manager Sonja Owens, Assistant Maintenance Manager Bruce Crum and Supervisor Steve Conlee.

A Variety of Medical Information Offered

Health and Safety Fair participants included two chiropractors, an acupuncturist, and representatives from a dental company (the Smile Network, who raffled off an electric toothbrush), the Boyle Heights Medical Clinic, Com Psyche and Curves Health Club. Employees could have their blood pressure taken, receive a vision test, get a quick spinal alignment check, and learn about the type of services each of the exhibitors offered.

Kranda was happy to see so many people participate, stating "Mechanics, Operators and others have been coming in all morning and seem to be interested in the safety and health information." Owens added, "Our Safety Advisory Committee wanted to have a wide range of exhibitors because we're concerned with our employee's health –mentally and physically – and want to do whatever we can to help them be as healthy as possible."

Other Health Programs offered at Division 1

Kranda recently worked with the Safety Advisory Committee to invite a member of the American Heart Association's Speakers Bureau to give a seminar to Division 1 employees about heart disease, hypertension,

healthy dieting and other health risk factors. Employees were told about the importance of a healthy diet, including daily portions of fibers, fruits and vegetables, and regular exercising.

Next up on the Safety Advisory Committee's agenda is to provide Cardiopulmonary Resuscitation (CPR) training for employees. "We want to do everything we can to keep our employees from getting hurt or sick," said Kranda. " The CPR training will teach interested employees how to help other workers, family members, or anyone else that may be in need of CPR, and could even end up saving someone's life."

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