

LOSS CONTROL

Newsletter



Stretch Your Body!

Have you ever watched a major league pitcher prepare for a game? Not on the mound, but in the outfield, about 40 minutes before he will be on the mound.

Ignoring the work the pitcher does off the field, a pitcher's pre-game warm up starts before most fans arrive at the ballpark - he knows the importance of preparing the body - muscles and body joints are lubricated through stretching and exercises. When he finally takes the pitcher's mound, he is ready to begin his real work. Neither his arm nor his body could survive game day stress without being adequately prepared.

On a simpler scale, what is the first thing people do after a long car ride? Or before a Saturday morning tennis match? Or a round of golf? They stretch. They move around to loosen up and warm up their muscles and joints.

When your employees start their work day, someone has probably reminded them that safety comes first. You want them to perform at their best each and every day. And while they don't have to go through a pitcher's warm up routine, it is important that they start their day by preparing the body. They should also take time during the day to keep their body alert and flexible.

What is your dealership doing to encourage employees to prepare their bodies for the work day? To keep them alert and flexible during the work day? Is stretching part of your safety program?

Why Stretch?

- Proactive focus on the body will reduce injury risk. An alert body will react faster to an actual or potential hazard.
- An alert body also means an alert mind. And alert minds are more likely to consider safety before starting a task.



KEY BENEFITS OF STRETCHING

Stretching reduces fatigue by:

- Increasing the blood supply and nutrients to joint structures and soft tissues.
- Increasing soft tissue temperature, which allows for greater elasticity of tissues.
- Increasing joint synovial fluid (lubricant for bones and articular cartilage), which allows for greater range of motion. It also reduces joint degeneration.
- Increasing a joint's ability to move with less energy when required to do so.
- Decreasing tightness and resistance in tendons and muscles.

Stretching improves muscular balance by:

- Counterbalancing the effects of gravity and poor postural habits.
- Realigning soft tissue structures, thus reducing effort to achieve and maintain good posture.

Stretching improves muscle coordination by:

- Enhancing nerve impulse velocity (the time it takes an impulse to travel to the brain and back to the muscle).
- Helping opposing muscle groups work in a more coordinated fashion.

QUESTIONS?

If you have any questions regarding this newsletter or for additional loss control information, please contact Mark Valentine at 816-698-4611 or mark.valentine@aon.com.

Stretch Your Body Cont.

Other Benefits of Stretching

- Improves blood flow to the brain, which helps maintain a healthy and positive attitude.
- Reduces the physical stress placed on the body.
- Eliminates unnecessary movements when performing work processes, which in turn reduces injury risk.
- Avoids musculoskeletal disorders (MSD's). MSD's cost US companies \$50 billion a year, in addition to the pain and suffering endured by employees.



“STRETCHING EXERCISES LOOK WEIRD!”

That will be the reaction from some employees. Counter that by encouraging group activities and planning timed breaks. Show them how to do it. Consider bringing in a physical therapist to jump start your program. Encourage employees to help each other. Get everyone to participate so nobody feels left out.

Stretch out those muscles and joints – at the beginning of the day, and during the day. Make stretching a part of your safety culture.

For suggested stretching exercises, the Mayo Clinic has created a slideshow you can find on their website by searching “Office Stretches”.

*Photos were provided courtesy of Tim Holm, Holm Automotive, Abilene. Tim hired a physical therapist to come to the dealership to perform stretching exercises with employees.

This newsletter is distributed by the Kansas Automobile Dealers Workers' Compensation Fund (KADWCF) to increase awareness and stress the importance of safe work practices.

Reporting a claim to Gallagher Bassett (GB)

Fund Account Number: 004352

Internet: www.risxfacs.com

Telephone: 1-800-779-6142

Fax: 1-800-748-6159

Email: tnwclaims@tnwinc.com

Dedicated Adjuster:

Josie Landes – Senior Adjuster

Phone: 816-216-5516

Josephine_Landes@gbtpa.com

(Per above, please report claims to tnwclaims@tnwinc.com.)

Claim related medical bills should be mailed to:

Gallagher Bassett Central Bill
Processing Center
P.O. Box 23812
Tucson, AZ 85734

Any other claim related information should be

mailed to your adjuster at:

Gallagher Bassett

1300 E. 104th Street, Suite 200

Kansas City, MO 64131

or Fax to: 816-942-0695

You can also email the information directly to the adjuster. The preferred method to report claims is via the internet.

