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Office Ergonomics

The discomfort and pain from slouching at a desk for long periods of time is very common, with one in every three office workers suffering pain at least once a week. If you are working at an ergonomically incorrect workstation and don't practice proper posture, you can suffer from neck, shoulder, wrist and elbow discomfort.

The key to preventing work-related neck and back injuries is to evaluate your workstation. Make sure it is ergonomically correct and promotes good posture. The following tips can help.

- Adjust the height of your chair so that your feet rest comfortably on the floor. Your knees should be level with your hips, and make sure your seat is not pressing against the back of your knees.
- Keep your spine straight, shoulders back, and abdomen and buttocks pulled in. If your chair doesn't allow this, consider placing a cushion between the curve of your lower back and the back of the chair.
- Position your monitor 18 to 30 inches from your eyes. The top of your screen should be positioned at eye level or below so you look slightly down at your work.



**Back injuries
account for 20% of
all workplace
injuries and
illnesses every year**

LIVE WELL, WORK WELL

Grill the Safe Way!

Grilling is a great way to enjoy the summer weather and bring the family together. But grills can be dangerous, and are responsible for approximately 2,900 structural fires and 5,000 outdoor fires on residential properties every year. To keep you and your family safe, keep these grilling tips in mind at your next cookout.

- Do not allow children or pets to play near the grilling area until the grill is completely cooled and you have a chance to put it away in its designated spot.
- Place the grill at least three feet away from other objects, including your house, trees and outdoor seating.
- Check the connection between the propane tank and the fuel line to make sure it is not leaking and is working properly before using a gas grill.
- Use starter fluid for grills that use charcoal only. Do not use starter fluid for gas grills.
- If you suspect that your gas grill is leaking, turn off the gas and repair the leak before lighting the grill again.
- Never use a match or any flame to check for leaks.
- Do not bring your grill into an unventilated or enclosed space such as your garage. This is a major fire hazard and also a carbon monoxide hazard.
- Use proper grilling utensils to remove and flip foods from the grill to prevent burn injuries. These cooking utensils have longer handles to minimize the need to place your hands too close to the hot surface of the grill.
- Scrub your grill after every use with a wire brush. This will prevent bits of leftover food from dropping through the grate and creating carcinogen-filled smoke.



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Caring for an Aging Parent

For years your parents cared for you, provided for you and guided you toward independence. Those years have now passed, and you may be starting to confront their dependence. If you're caring for a parent from a distance, this can become even more difficult. Consider these tips for long-distance caregivers.

- Seek help from those in your parents' community – their next-door neighbor, their doctor or a family friend. Call them and give them an update. Make sure they know how to reach you if an emergency occurs.
- If your parents already have an on-site caregiver, make a plan for if an emergency occurs. Making prior arrangements will alleviate stress in the event of a crisis.
- Get a directory of senior resources and services from the local senior center. Check for updates of these services on their website.

- Put together a list of prescriptions and over-the-counter medications, including doses and schedules, and keep the list up to date. Keep it on hand in case of an emergency.
- Discuss an advance directive that states your parents' health care treatment preferences. If they do not have one, this is the time to set it up. Make sure you have copies and know where the originals are kept. Your parents' doctors should also have copies for their medical records.



Choose the Right Gym

Are you considering joining a health club? Start by visiting the facility and take a tour before signing a contract. With help from your observations and asking a few questions, you can choose the health club that is right for you and your lifestyle.

- Are the staff members friendly and helpful?
- Is the facility clean and well-maintained?
- Does the fitness staff have adequate educational backgrounds and/or accredited fitness certifications?
- Are new members offered an orientation that includes instruction on how to use the equipment?
- Does the club have the right equipment to help you reach your fitness goals?
- Does the club offer a variety of group fitness programs?
- Is the club too crowded at the time you would be working out? And is there adequate parking?
- Is child care available if you need it?



Looking for a heart-healthy addition to your next cookout? These colorful kabobs contain scallops, which are naturally low in total and saturated fat.



Grilled Scallop & Shrimp Kabobs

3 medium-sized peppers (1 of each: green, red, yellow) cut into 1½-inch squares
1 lb. fresh baby scallops
1 lb. fresh shrimp
1 pint cherry tomatoes
¼ cup dry white wine (optional)
¼ cup vegetable oil
3 tablespoons lemon juice
Dash of garlic powder
Dash of black pepper

Parboil peppers for 2 minutes. Alternate threading peppers, scallops, shrimp and tomatoes onto skewers. Combine remaining ingredients in a bowl and brush kabobs with the mixture. Grill for 15 minutes – turning and basting with mixture frequently.