



**STAY
HYDRATED**

Don't wait until you're thirsty. ...
Eat fruits and vegetables. ...
Carry a reusable water bottle with you. ...
When you're feeling hungry, drink water. ...
Drink water at a restaurant before you order. ...
Drink before, during, and after exercise.

No Accidents!



Toolbox Topic:
Staying Healthy!

Hours and Accident March 22, 2020

Accidents/Incidents

Job	2020 Hours	W Comp Reportable	OSHA Report	Lost-Time	Hours an Accident
Bethel	15,580	1	1	0	15580
JL Aloft	1,210	0	0	0	No Accidents!
Mass X Operations	10,926	0	0	0	No Accidents!
Providence	3,824	0	0	0	No Accidents!
Kodiak PAMC	705	0	0	0	No Accidents!
Aeromed Ph I & II	851	0	0	0	No Accidents!
Small Jobs	1,861	0	0	0	No Accidents!
LRDR - Clear	11,413	0	0	0	No Accidents!
EIE 405 Utiliduct	395	0	0	0	No Accidents!
HDJV UAF CPHR Power	4,850	0	0	0	No Accidents!
Total	51,615	1	1	0	51,615

Success is No Accident !

Your daily diet should include:

Vegetables. Make sure you include a wide variety covering all of the five vegetables subgroups. ...

Fruits, at least half of which are whole fruits. These include fresh, canned, frozen and dried. ...

Whole grains. ...

Fat-free and low-fat dairy products. ...

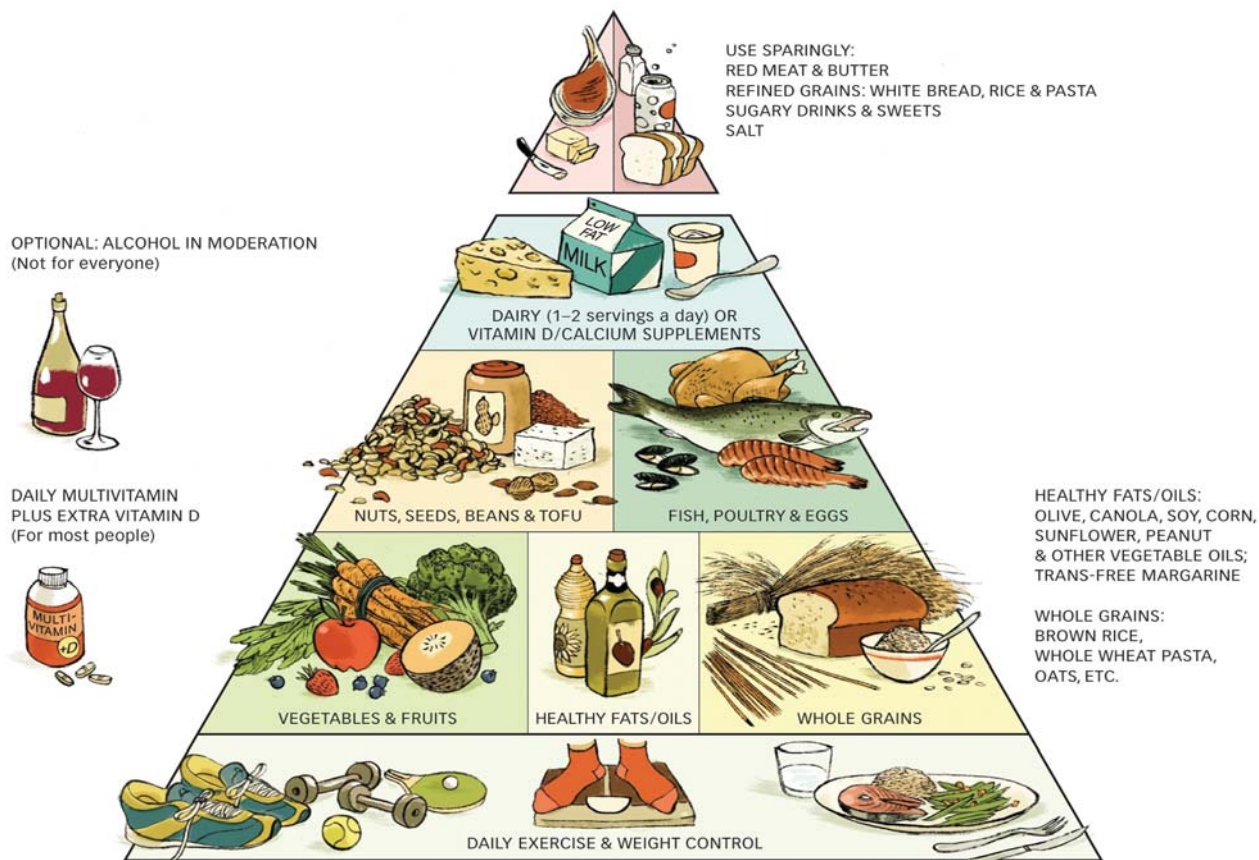
Protein foods. ...

Healthy oils.

Do you remember hearing about the food pyramid when you were a kid well it still applies!

THE HEALTHY EATING PYRAMID

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Sleep and setting a bedtime routine.

Go to bed at the same time every night.

Get the same amount of **sleep** each night.

Avoid eating, talking on the phone, or reading in bed.

Avoid using computers or smart phones, watching TV, or playing video games at bedtime.

How much sleep do you need?

Most adults need 7 to 8 hours of good quality sleep on a regular schedule each night. Make changes to your routine if you can't find enough time to sleep.

Getting enough sleep isn't only about total hours of sleep. It's also important to get good quality sleep on a regular schedule so you feel rested when you wake up.

Sleep deficiency, which includes sleep deprivation, affects people of all ages, races, and ethnicities. Certain groups of people may be more likely to be sleep deficient. Examples include people who:

- Have limited time available for sleep, such as caregivers or people working long hours or more than one job
- Have schedules that conflict with their internal body clocks, such as shift workers, first responders, teens who have early school schedules, or people who must travel for work
- Make lifestyle choices that prevent them from getting enough sleep, such as taking medicine to stay awake, abusing alcohol or drugs, or not leaving enough time for sleep
- Have undiagnosed or untreated medical problems, such as stress, anxiety, or sleep disorders
- Have medical conditions or take medicines that interfere with sleep

Certain medical conditions have been linked to sleep disorders. These conditions include [heart failure](#), [heart disease](#), [obesity](#), diabetes, [high blood pressure](#), [stroke](#) or transient ischemic attack (mini-stroke), depression, and attention-deficit hyperactivity disorder (ADHD).