

Job site: \_\_\_\_\_  
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<b>SMOHIT Safety Sense</b> Toolbox Talks for the Sheet Metal Industry	<h3>Physical Fitness and Work Performance</h3> <ul style="list-style-type: none"> <li>• Our choices affect our quality of life. If you're hungry and busy, should you skip a meal, grab a burger, or eat a salad? If your muscles or joints are constantly aching, should you ignore the problem, use a drug, or try a supplement? If you have some free time should you watch TV, get some chores around the house done, or go for a walk with your spouse and kids?</li> <li>• Our lifestyle choices also affect others around us and the environment in which we live. True health is when your body is healthy and when you have a positive impact on others and on the environment.</li> <li>• Sometimes, the lifestyle you choose can result in problems, many of which feed off of one another. For example, excessive stress due to family or job worries can lead to excessive weight gain, which leads to the health concerns brought on by obesity. Or stress may lead to tobacco, alcohol, and drug abuse and the health risks to which these contribute.</li> <li>• Eating the proper foods and avoiding unhealthy foods can greatly improve your quality of life by giving you the vitamins and nutrients to maintain energy levels that keep you active.</li> <li>• Physically active workers perform better. As physical fitness increases, so does the quantity of work performed. Physically fit workers need to expend less effort to do the work.</li> <li>• However, obese workers miss work more often. Physical inactivity and obesity have well-known negative effects on health and health care costs. Consequently, ill health leads to increased health costs and absences from work.</li> <li>• Taking responsibility for all aspects of your life is a full-time job, but the rewards are great.</li> </ul>	<h3>Instructor Tips</h3> <ul style="list-style-type: none"> <li>• <b>Explain to workers that they are the most important factor in their health because they can change their lifestyle choices.</b></li> <li>• <b>Explain to workers that a January 2004 study of the <i>Journal of Occupational and Environmental Medicine</i> suggests that the levels of physical fitness and activity of employees significantly affect the quality and quantity of work performed.</b></li> </ul>
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Reference: Journal of Occupational and Environmental Medicine