

CROSSROADS

A CCCSIG Publication Where Health, Safety & Schools Come Together.

Save Your Back This Summer!

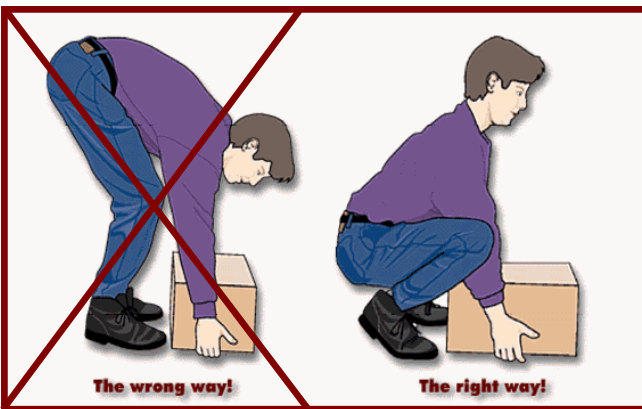
July 2009

Proper lifting technique is critical to back safety, but perhaps more important is proper planning. Before you lift that box, piece of furniture, or equipment, take a moment to consider your action:

- Do you need to lift the item manually?
- How heavy is it?
- Where are you moving the item from?
- Where does it have to go?
- What route do you have to follow?

Familiarize yourself and practice these techniques when lifting items on the job and at home:

1. Keep your feet apart; this helps with balance.
2. Squat to lift and lower. Do not bend at the waist.
3. Keep the weight as close to you as possible.
4. Look straight ahead when lifting.
5. Never jerk or twist. If you must turn, turn with your feet, not your body.
6. Wear shoes with non-slip soles.



To view a 1-minute video on how to lift safely, click on the link below (remember to turn your speakers on):

[Back Safety & Lifting Techniques](#)

Cholesterol: The Top 5 Foods to Lower Your Numbers

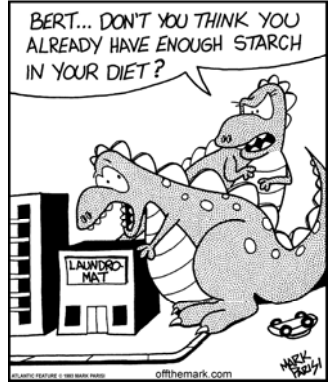
You don't always need to take medication to lower your cholesterol. Diet can play an important role in lowering cholesterol. Discover five foods that can lower your cholesterol and protect your heart!

1. Oatmeal and oat bran
2. Walnuts, almonds and more
3. Fish and omega-3 fatty acids



Read on to learn about other [cholesterol-lowering foods](#).

off the mark.com by Mark Parisi



Featured Quote

“Those who do not find time for exercise will have to find time for illness.

—Earl of Derby

Meal in Minutes

Pineapple Chicken Stir-fry with Brown Rice

[Click here for recipe](#)



Dear Reader,
This e-newsletter is provided for member school districts by the CCCSIG Health and Safety Services Department. Please visit our [website](#) to check out the other services that we provide at no cost to member districts including health and safety trainings, walking programs and ergonomic evaluations.

[About CCCSIG](#)

Boot Camp Workouts: The Latest Fitness Craze

These types of work out classes tend to resemble military training for soldiers. They usually combine calisthenics like pushups, jumping jacks, and squat thrusts with running and jumping. They incorporate endurance, agility and speed. They are meant to be challenging and intense. You can find them in gyms and athletic clubs or in local parks and community centers. Often they are taught out of doors, rain or shine. These kinds of classes are usually offered over a series of weeks, and most likely will build in intensity. Check with your local gym or exercise facility or if you enjoy the outdoors, visit www.pacwestathletics.com for a list of times and locations in the Bay area.

