



# LIVE WELL @ WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

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## FEATURE

### Get Your Safety On At Work

No one likes being injured, but did you know injuries can also greatly impact your general health by limiting your mobility? A slip, fall, or cut are just a few injuries that can make it hard to function as your normal, everyday self and limit your ability to be physically active. Injuries can happen to anyone at any time no matter what industry you work in. According to the Centers for Disease Control and Prevention, over 212,000 workers are seriously injured by falls alone each year. It is important to be aware of things that could increase you and your co-workers chances of being injured at work. Some of these things include: Slippery, cluttered, and/or damaged unstable walking or working areas, sharp unprotected edges, or unsafely situated ladders. Make sure to be aware of these precautions to avoid injuries at work. Learn more by visiting [Cdc.gov/niosh/topics/falls/](http://Cdc.gov/niosh/topics/falls/)

## HARVEST OF THE MONTH

### Corn & Peaches

1 cup of corn provides a good source of the B-vitamins folate and thiamin.

Ripe peaches can be stored in the refrigerator for up to five days.

A 1/2 cup of peaches provides vitamin C, vitamin A, and fiber.



## SWAP OUT → SWAP IN

### Driving → Active Transportation

Driving a car to work is the main mode of transportation for many workers in San Diego. If you are one of them, you know it can be stressful and a physical strain for some. Luckily, there are alternative modes of transportation that can get you to work without the stress and discomfort.

The first alternative still involves a car, but can make your commute enjoyable and improve traffic. Finding a ride share, or setting up one at your job with coworkers, can lower traffic, save you money, and improve air quality.

Next, if you live near your job, consider walking or riding a bike; both can increase your physical activity.

Another great alternative to driving is to take the bus, train, or trolley. Taking public transportation can be an easy, convenient, healthy, and productive way to get to work.