

OVER ►



BC Forest Safety

Safety is **good** business

HEALTH AWARENESS: BONE HEALTH



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DATE: _____ FILE NUMBER: _____ DISCUSSION FACILITATED BY: _____
(IF APPLICABLE)

Use this Crew Talk to lead and document a worksite conversation on bone health in forestry workers and how you can maintain strong bones throughout your lifespan.

KEY POINTS:

- Osteoporosis is the disease that occurs when bones lose so much density, they become fragile. The most frequent areas are the hip, spine and wrist.
 - Both men and women lose bone as they age and have an increased risk for bone fractures due to low bone density after the age of 50.
 - At least 1 in 3 women and 1 in 5 men over the age of 50 will break a bone due to osteoporosis. About 1/3 of the people that break a hip will die within 1 year.
 - Lack of physical activity, low calcium and vitamin D intake, smoking, alcohol and high caffeine intake are all linked to lower bone density. There is also a genetic component.
 - Early detection of low bone density is very important to prevent the frailty that comes from weak bones.
- Identify some lifestyle-related risk factors for osteoporosis and what can you do to protect yourself and your family.
 - Stop smoking, limit alcohol and caffeine intake
 - Get regular weight bearing exercise.
 - What are the warning signs that you might have low bone density?
 - Family history of osteoporosis, fracture from a standing fall without external force, loss of height, hump in upper spine, unexplained back pain, low dietary calcium intake, low vitamin D, no weight bearing activity.

RESOURCES:

HealthLink BC: Dietary Calcium Intake

BCFSC Health Awareness Series: Bone Health and Osteoporosis Resources

DISCUSSION LEADS:

- Are you and your family getting enough calcium and Vitamin D? How do these nutrients help prevent low bone density?
 - Dairy products are the best source of dietary calcium. Almonds and legumes are also rich in calcium. You need at least 3-4 servings per day.
 - To make enough Vitamin D from the sun, you need to have exposed your arms and legs, or your back to the sun for 5-30 minutes, 3 times per week. This is difficult to achieve in Canada during most of the year.
 - Milk produced in Canada is supplemented with Vitamin D. Other sources are fatty fish.
 - If you don't get much sun without using sunscreen consider taking a Vitamin D supplement.

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES FOR BONE HEALTH:

PRINT NAME:

SIGNATURE:

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