



BC Forest Safety

Safety is **good** business



HEALTH AWARENESS: DIET AND NUTRITION

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

Use this **Crew Talk** to lead and document a worksite conversation on the role of diet and nutrition in staying alert and healthy while on the job.

KEY POINTS:

- Food and drink provide energy and nutrients needed to sustain life, but they also provide enjoyment and are socially important which can make it difficult to make healthy choices.
- There is no magic diet for weight loss or good health but the choices you make can have important consequences for your ability to stay alert on the job.
- Staying alert, responding quickly to unexpected events and making good decisions will be easier when your blood glucose (sugar) is stable. This can also help prevent diabetes.
- Eating whole unprocessed foods and avoiding sugars (especially in fluids) will help stabilize blood sugar and provide the nutrients required for good health. Combine whole grains with some protein and a small amount of fat and eat small meals/snacks every 2-3 hours.
- The only way to sustain a healthy body weight is balance. Balance your energy intake from food and drink with your energy output from exercise and work. Also balance high-quality, nutritious foods with foods chosen for taste or special occasions.

DISCUSSION LEADS:

- Ask if anyone feels sleepy or has trouble concentrating mid-afternoon, or after a heavy meal. Do they have other symptoms such as feeling irritable, grumpy or hangry, shaky hands, cold sweats or drowsiness? Do they notice these symptoms in their partner or children?
 - When we eat sugar (things that taste sweet), it enters the blood very quickly and causes a spike in blood glucose and the release of insulin which is followed by a low about 2 hours later which makes you feel tired and can lead to diabetes.
- In studies with log haulers, equipment operators, mill workers and tree planters - reaction time sped up by 15% or about a 1/2 second when blood sugar was stabilized. Describe a close call where a 1/3 - 1/2 second saved the person from a serious incident.
 - Encourage the conversation towards how beneficial an extra 1/2 second would be when a deer jumps out in front of your truck or a log rolls underfoot, or some similar incident.

- Which barriers get in the way of making healthy food choices? Brainstorm some ideas for better access to healthy food.
 - Time, money, healthy food tastes bad, culture, entertainment, etc. Solutions: prep food on days off and make it a family activity to do together. Fresh fruit requires no prep and the cost of prepackaged vegetable sticks is still less than processed junk food.
- Review the Faller Food Chart (www.bcforestsafesafe.org/files/ps_FallerFoodChart.pdf) and ask people to find an alternative to sugar-laden foods they regularly eat. Encourage them to commit two-weeks of substituting healthy food for the high-sugar choice by offering an incentive or reward at the end.

RESOURCES:

- Diet and Nutrition information sheet: bcforestsafesafe.org/node/3435
- Diet and Nutrition Poster: bcforestsafesafe.org/node/3435
- Canada's Healthy Eating Guide: food-guide.canada.ca/en/
- Working on Wellness BC Coalition for Healthy Living: bchealthyliving.ca/what-we-do/working-on-wellness/_healthy-eating/

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND UNDERSTAND THAT PROPER NUTRITION IS A CRITICAL PART OF A HEALTHY LIFESTYLE:

PRINT NAME:

SIGNATURE:

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