The goal is to keep healthcare workers safe by promoting safety awareness. According to the CDC, 69% of adults in the U.S. are overweight or obese\*. Research tells us that workers who are overweight or obese are more prone to get injured at work. The following tips can help keep you at a healthy weight and might even reduce the likelihood of you becoming injured on the job.

Obesity in Healthcare’s Workforce

**First, recognize your risks.**

* Individuals that are overweight or obese may:
  + Find it more difficult to lift and/or transfer a patient or material safely.
  + Develop type 2 diabetes.
  + Develop cardiovascular disease.
  + Have a reduced lifespan.

**Next, reduce your risks.**

* Minimize lifting and other strenuous activities by using equipment provided.
* Lose weight.
* Get assistance from your Employee Assistance Program (EAP).

**Then, use prevention strategies.**

* Get a physical examination each year.
* Exercise regularly.
* Eat healthy.
* Determine the best way to lose weight.
* Participate in your employer’s wellness program if they offer one.

\* 2009-2010