

## Nutrition and exercise

Working long days or doing shift work can make it difficult to practise healthy habits like eating nutritious meals and exercising regularly. When crane operators travel frequently between multiple jobsites, fitting meals into the workday can be challenging. And working in a crane cab usually means sitting for most of the day. As a result, crane operators can be at higher risk for being overweight and for developing diseases of the heart and blood vessels.

### Keys to reducing the risks

To help reduce these risks, maintain a healthy diet and exercise regularly.

#### Maintain a healthy diet

A leading cause of poor health is poor eating habits. Eating unhealthy foods can affect your energy level, your ability to sleep and concentrate, and your weight. Some tips for healthy eating include:

- Reduce your intake of foods that have a lot of sodium (a key part of salt) or sugar.
- Eat food that has high levels of protein and fibre.
- Balance the amount of food you eat with the amount of physical activity you engage in each day or shift. If you're not very active, consider eating less.
- Drink 6 to 8 cups of water per day.

#### Exercise regularly

Regular exercise improves muscle tone, increases circulation, strengthens the heart and blood vessels, and



helps manage stress. A few opportunities for exercise include:

- Walking during breaks
- Cycling to or from work or on days off
- Taking the stairs instead of using the elevator
- Enjoying outdoor play with children or pets
- Parking at the back of the parking lot for extra walking time
- Doing push-ups and sit-ups while watching TV

For the best results, build regular exercise into your schedule and stick to it.

During the workday, consider doing stretching exercises to relax your muscles and improve your body's tolerance for the work. See BC Crane Safety's "Stretching exercises for crane operators" toolbox talk for more information. Also, visit [bccranesafety.ca](http://bccranesafety.ca) to get your copy of the crane operator ergonomic stretches magnet for your cab.

Project: .....

Address: .....

Employer: .....

Supervisor: .....

Date: .....

Time: .....

Shift: .....

Number in crew: .....

Number attending: .....

Other safety concerns or suggestions: .....

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
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12.		
13.		
14.		
15.		

Manager's remarks: .....

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Manager: .....  
(Signature)

Supervisor: .....  
(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation on [worksafebc.com](http://worksafebc.com).