

## Health & Safety Committee News



Karla, Leslie, Hrish, Jason, and Carol (the Health & Safety Committee) have gotten off to a fast start with a lot of activities underway or coming in the future. First, let me put forward our charter:

The Health & Safety Committee will be used in our company program for administration, communication, and training. Information on conditions or actions affecting the safety and general well being of our employees will be discussed and acted upon.

Toward that end, we have met several times and will be implementing an Emergency Response Plan, On-going Programs, and Presentations/Special Activities with your health and safety in mind. This is a summary of what's in process:

### **Emergency Response Plan**

- We have met with EPRI and are included in their comprehensive disaster plan. They have food and water provisions to cover us for several days in the case of a serious disaster whereby we could not get home. SeeCommerce will also participate in their fire drills and Health Fair.
- Leslie and Karla are creating a Safety and Security Guide that will include a lot of helpful information on personal -and workplace safety.
- Emergency Evacuation maps will be created and posted and instruction on fire drill expectations given.

### **On-going Programs**

- **Yoga** - Classes meet every Tuesday and Thursday from 12:05 to 12:55 on the top floor of Bldg. 7. The final class in this session is January 24<sup>th</sup>. Carol will be taking signups for the next session soon. If you have ever wanted to try this, taking a lunch break to do this on the premises is the best opportunity you will ever have. If you want to try it out before then, you can attend as a drop-in for \$15. Jackie Schwenker, our instructor, is well qualified and provides alternative poses for the various levels of flexibility and balance. Contact Carol at Ext. 1927 with questions.
- **Fitness** – Rowe will be starting up a FREE fitness session every Friday at noon starting January 18<sup>th</sup> on the top floor of Bldg. 7. She plans to do a variety of work covering stretching, aerobics, body sculpting, and group preferences. You do not need to sign up for this, just attend in workout attire, bring a mat or a towel, and water. Contact Rowe at Ext. 1901 with questions.

- **Hikes** - Jason is announcing periodic Saturday hikes in the surrounding area. They have hiked Rancho San Antonio and Windy Hill so far. If you want to be on the Email list for these announcements, contact Jason at Ext. 1813.
- **Biking** – Jason is collecting and posting bike routes in the vicinity of the building. Some announced rides may happen as well.
- **Triathlon** – Hrish is coordinating endurance sports training. The goal for some is to prepare for the San Jose International Triathlon, June 23<sup>rd</sup>. We already have 4 SeeCommerce entrants! Hrish has registration forms for this as well as the Napa Valley \_ VineMan on August 4<sup>th</sup> with 2 SeeCommerce entrants. However, you can participate in endurance training without committing to triathlon events. Contact Hrish at Ext 1804 for more information.
- **Information** - H & S bulletin boards are maintained with topical information in the 2<sup>nd</sup> floor kitchen and in the 1<sup>st</sup> floor Decompression Chamber. Got something you'd like to contribute? Turn it in to Karla and she'll see that it gets posted.

### **Presentations/Special Activities**

- **Blood Drive** – You are encouraged to join the EPRI employees in their Red Cross blood drive. It is scheduled for February 20<sup>th</sup>. More to follow.
- **Self-Defense Class** – Rowe has offered to coordinate a self-defense class to be taught by her instructor, a black belt in Tai Kwon Do. As yet unscheduled, it would be for 1 \_ hours after work one evening, probably on a Monday. If we can get 20 people, cost will be just \$10 per person, otherwise, up to \$20. At this time we have 8 employees interested. If you have friends who would like to join us, please let Carol know via Email.
- **First Aid & CPR** – We hope to bring these classes back in April. That will be when those of us previously certified need to renew. Watch for the announcement.
- **Breast Self-Exam** – Leslie plans to host a noon presentation provided by the American Cancer Society on this topic and distribute BSE cards to all female employees.
- **Daffodil Days** – Once again, Carol will manage the daffodil sales in February benefiting the American Cancer Society. We'll "bloom" in March.

If you have other ideas or concerns regarding Health & Safety, please contact anyone on the committee with them. - Carol Gilbert