



Stakeholders Best Practices

**SAFETY AND
HEALTH ARE
VALUES!**

Tailgate Health Meeting Series II

"WELLNESS"

Our overall health affects our lives, both on and off the job. Healthy miners generally experience fewer on-the-job injuries, have less absenteeism and have a marked savings in health care costs, benefiting the miner, their family, and the company. It may sound a little bit “hokey” but healthy miners are happy miners.

BEST PRACTICES:

- **Establish a stretch and flex session before each shift to loosen muscles and prevent strains**
- **Invite a medical provider to do a health screening as part of the annual retraining**
- **Sponsor, encourage and support:**
 - **Smoking cessation programs**
 - **Weight loss programs**
 - **Chronic disease management programs (Diabetes, heart disease, respiratory illnesses, etc.)**
 - **Health club memberships**
- **Establish an incentive program for positive wellness results (i.e. weight loss, taking up walking/jogging, lower cholesterol levels, etc.)**



Developed in cooperation with North Antelope/Rochelle Mine, Powder River Coal Company, Campbell County, Wyoming (Team Leader); Savage Mine, Westmoreland Savage Corporation, Richland County, Montana; Buckskin Mine, Buckskin Mining Company, Campbell County, Wyoming; Wyoming State Mine Inspector's Office