

Media Contact: Dean Campbell  
(803) 208-8270  
dean.campbell@srs.gov

For Immediate Release

## **WSRC RECOGNIZED NATIONALLY BY AMERICAN HEART ASSOCIATION**

AIKEN, S.C., (October 14, 2008) – Washington Savannah River Company (WSRC) has been recognized nationally by the American Heart Association as achieving the group's Platinum award for its efforts to keep employees fit.

The Platinum award, the highest level of recognition for companies from the Heart Association, is given to companies that promote physical activity and health in the workplace through "Start! Fit-Friendly Companies Program."

The WSRC Team is only one of three U.S. Department of Energy companies listed on the Heart Association's list of 100 Platinum winners this year. To make the Platinum list, companies must provide a variety of activities and achieve at least 50 percent participation by employees. WSRC has achieved 80 percent participation.

WSRC President Steve Piccolo said employees understand that working to improve their health leads to a better quality of life.

"Our employees strongly believe that safety is paramount in all activities, and being healthy is another mechanism to improve their personal safety at work and at home," Piccolo said. "We understand that if we exercise, get enough sleep and eat right, we are sick less often, generally feel better and have more energy, and are more focused on our jobs. I'm proud of this award because it reflects our effort to improve ourselves."

Start! Fit-Friendly Companies Program participants implement various options to encourage physical activity, nutrition and culture enhancements, such as on-site walking, annual employee health risk assessments and online tracking tools.

A special advertising section in the Oct. 27 issue of *Forbes* magazine will include a list of the Platinum companies.

(more)

### **The WSRC Team:**

Washington Savannah River Company LLC • Bechtel Savannah River, Inc. • BNG America Savannah River Corporation  
BWXT Savannah River Company • CH2 Savannah River Company

WSRC, which started its Wellness Program in 2006, is being recognized for a variety of employee health-related activities, including:

- Organizing and tracking walking by employees through free pedometers and online recording of miles walked as individuals and groups;
- Providing computer desktop access to online Wellness Program resources that provide a wide range of information from nationally recognized providers;
- Hosting more than a dozen “Lunch and Learn” programs where employees were given information from experts on heart health, diabetes education and diet, skin cancer, back care, breast cancer, stress management, etc.;
- Offering flu shots;
- Providing on-site prostate and breast cancer screenings;
- Giving employees health risk assessments free of charge; and
- Offering one-on-one counseling sessions with the WSRC Wellness nurse;

The WSRC Team was recognized by the American Heart Association last year for donating more than \$101,000 to the CSRA Heart Walk. Also last year, WSRC won the Fit Friendly company Gold Award.

SRS is owned by the U.S. Department of Energy. WSRC manages the contract for liquid waste disposition at the Site. WSRC is a subsidiary of URS Corporation’s Washington Division.