"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