

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Maintaining a Healthy Lifestyle

- It is important to maintain a healthy life-style so that your body and mind can function correctly.
- Being both physically and emotionally healthy allows you to feel good and operate more effectively, both on and off the job.
- To maintain a healthy lifestyle you must be conscious and aware of what is going on around you.
- You must avoid harmful situations and see a doctor regularly.
- It is a good idea to get a physical once a year to make sure that your body is performing the way it should.
- Exams may also help to determine if you need to modify certain behaviors or make lifestyle changes.
- A physician talks with you to discover such information as family and personal health history, lifestyle behaviors, occupation, financial background (which could be linked to stress issues), sexual activity, signs of depression, use of medications/drugs, childbearing, menstrual or menopausal issues, current problems or symptoms a patient may be experiencing, or issues relating to the elderly.
 - This information helps physicians connect with patients and helps to reassure a patient that their overall health is being monitored.
- Seek medical attention if you have extremely hot or cold hands for extended periods, if you have swelling in any part of your body, if you experience abnormal weakness, if you have skin color changes, or if you experience aches, burns, or shooting pain in any part of your body (internal/external).

Notes:

Instructor Tips

- **Explain that physical exams include a measure of one's weight, blood pressure, cholesterol, vision, hearing, skin, heart, lungs/breathing, abdomen, prostate, rectum, pelvis, and breasts.**
- **Explain:**
 - Age 19 to 30 – Get an exam every 5 years.**
 - Age 40 to 49 – Get an exam every 3 years.**
 - Age 50 or older – Get an exam every 1 to 2 years.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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GENREAL HEALTH (1)