



Bridging the Gap between **Safety & Health**

Presented by: Brad Dodson



Objectives

- Health and Fitness-How does it correlate to safety professionals
- How can a safety professional influence health and wellness
- What kind of “safety professional” are you
- Innovative methods of training, information, and influence
- Q&A's



A little about me...

- Served in the U.S. Army (CBRN)-
 - B.A. Business; Leadership & Motivation
 - ISSA Certified Fitness Trainer & Strength and Conditioning Coach
- 14 years of experience
- Science of Nutrition & Coaching the Physique Athlete
- Currently studying for CIT, ASP, & CSP



Health & Fitness

How does it correlate to safety professionals?

Health & Fitness-

How does it correlate to safety professionals?

- Occupational Safety & Health Administration (OSHA)
 - What is health?
- Injury & illness prevention



Health & Fitness-

How does it correlate to safety professionals?

- Fitness for duty



Health & Fitness-

How does it correlate to safety professionals?

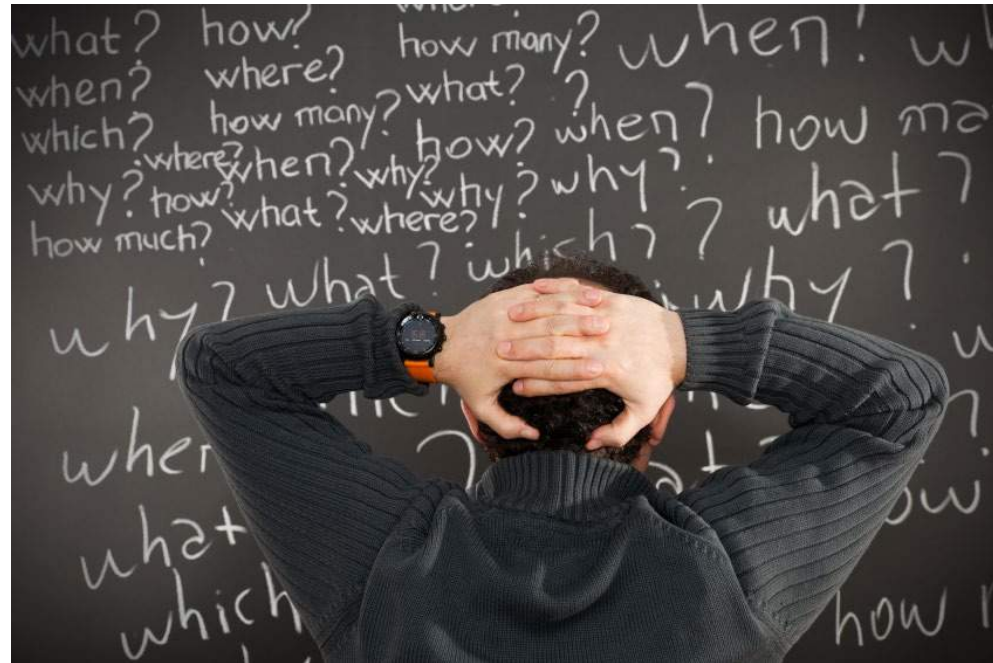
- Ergonomics
 - Static vs. Dynamic stretching



Health & Fitness-

How does it correlate to safety professionals?

- What do you do?



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How can safety professionals
influence health & wellness?

How can a safety professional influence health & wellness?

- Be a resource
- Basic nutrition concepts
 - Diets & Weight Loss
 - Supplementation



KETO



PALEO



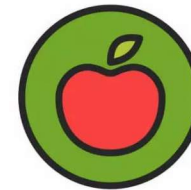
VEGETARIAN



VEGAN



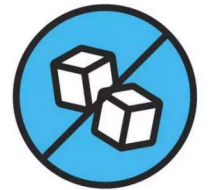
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RAW



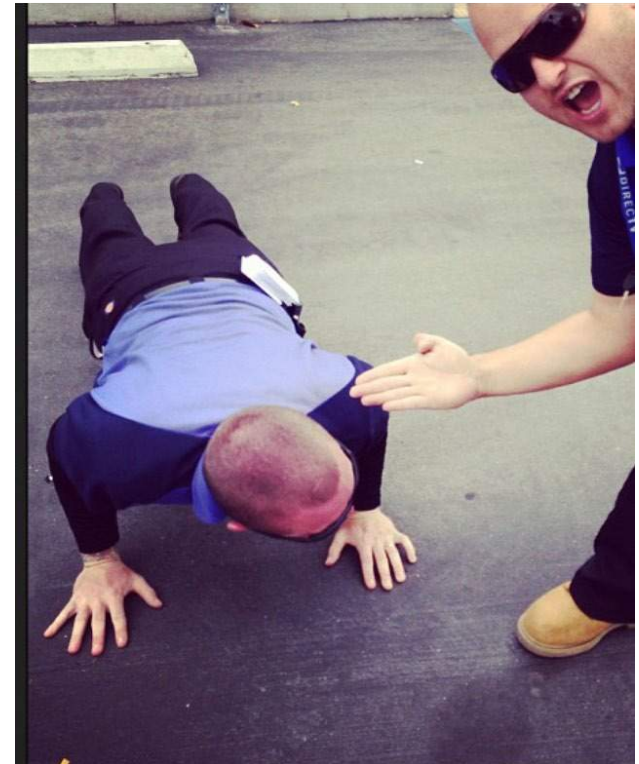
LOW CARB




NO SUGAR

How can a safety professional influence health & wellness?

- Include as part of a training program
- Initiatives
- Promote an active lifestyle



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What kind of safety
professional are you?

What kind of safety professional are you?

- Safety “cop” vs. coach & mentor
- Knowledge vs. application



What kind of safety professional are you?

- Knowledge vs. application

- for men, $P = \left(\frac{13.397m}{1 \text{ kg}} + \frac{4.799h}{1 \text{ cm}} - \frac{5.677a}{1 \text{ year}} + 88.362 \right) \frac{\text{kcal}}{\text{day}}$
- for women, $P = \left(\frac{9.247m}{1 \text{ kg}} + \frac{3.098h}{1 \text{ cm}} - \frac{4.330a}{1 \text{ year}} + 447.593 \right) \frac{\text{kcal}}{\text{day}}$

What kind of safety professional are you?

- Breaking it down to a simple formula



Average 2000 calories

Current weight-180lbs

180g protein = 720 Calories

200g carbs = 800 Calories

31g fat = 280 Calories

Total calories = 1800



Innovative Methods

Training, Information & Influence

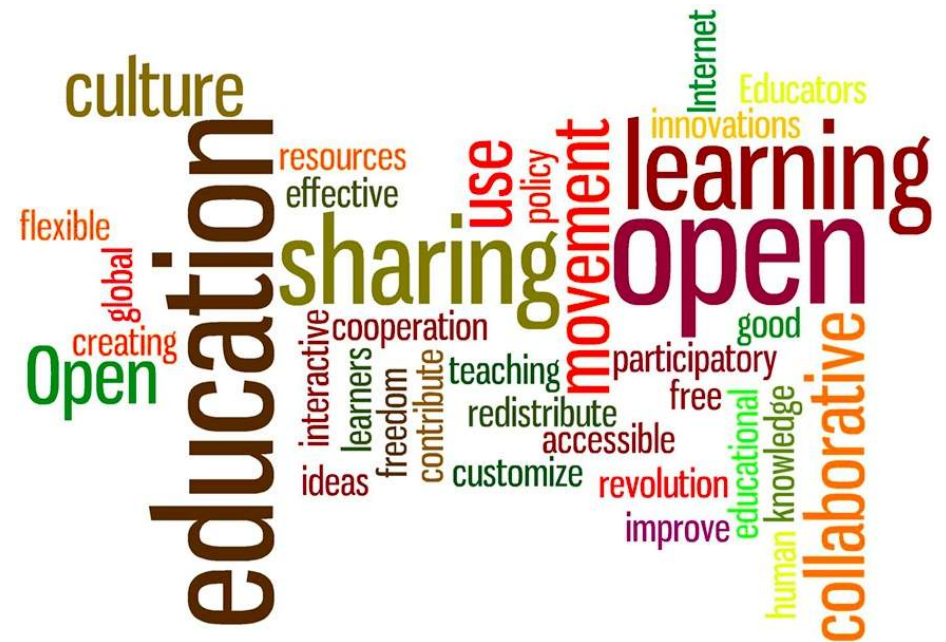


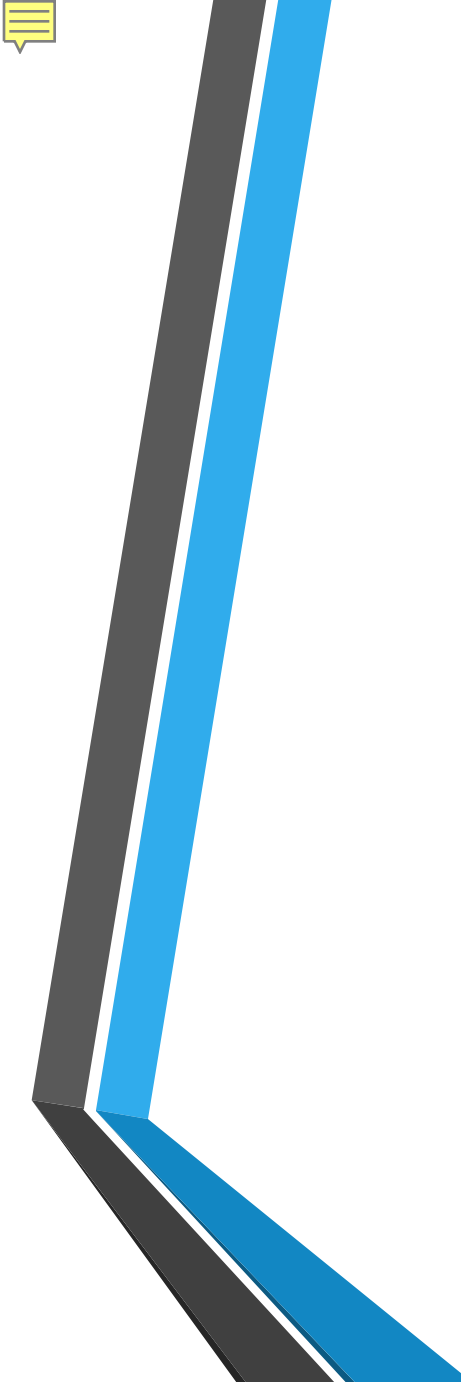

- Virtual & In-person
- Know your audience
 - Intrinsic vs. extrinsic motivators
- Be an influencer!
- Who are you safe for?



What kind of safety professional are you?

- What are you learning?
 - Correlation vs. causation
 - Continued education
 - Learn the basics





Q & A

Thank you!

Contact Info:

Brad Dodson

Email: braddodson@gmail.com

Mobile: (951) 595-9556