



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

MARCH 2020

Hi there McColl's team,

We have been working hard to get prepared for the arrival of the Corona-virus COVID-19.

You will have seen on the news that it is **growing in Australia** and that the authorities now consider it inevitable that it will **spread widely in our population**. The government has moved from a policy of trying to stop the virus to trying to slow its transmission rate. This means that large parts of Australia have started a process of **"social distancing"**.

Social distancing means what it says – **people keeping away from each other at every opportunity**. We have seen this around the world with large scale cancelled events and travel bans. This is seen as a way to stop the hospitals becoming overwhelmed with people who have bad cases of the virus.

Our goal is to keep our people safe while keeping our business running through these difficult times. For the different types of roles in McColl's this will mean different things. Below we have explained how we plan to work for the next period and why we have chosen this approach for each role.

General precautions that apply to everyone: (subject to change based on government advice)

- Wash hands regularly with soap throughout the day
- Don't touch your face
- Keep a distance of at least 2 metres from other people throughout the working day
- Self-quarantine if you come into close contact (eg. family member) with anyone who tests positive for the COVID-19 virus
- Seek medical help (starting with testing) if you start to develop symptoms of the virus
- Follow medical advice and gain a doctor's clearance before returning to work if you catch the virus.

We have protective equipment and wipes at our branches but if we run out, any employee will be reimbursed on presentation of a receipt for more cleaning materials or protective supplies for work.

Drivers:

Drivers spend most of their days in isolation from other humans as they are in their trucks. When they arrive at customer sites they usually have no need to be physically close to anyone. Their main risks are in touching surfaces which could have the COVID-19 virus on them (steering wheels, door handles, counter tops, pens, clip boards, paperwork, pump control switches etc.)

To manage the risk of infection and transmission at work we ask drivers to: (please see over page)

WORKING FROM HOME, ON THE ROAD OR IN ISOLATION?

Follow and like our Facebook page for workout videos, live workouts and updates on staying healthy.

Daily posts with Pilates, HIIT and strength workouts to keep you healthy.

Search **@mccollshealth** on Facebook and Instagram to find our pages.

Wipe the touch points in their trucks/tankers with cleaning wipes at the start and end of every shift.

Don't touch equipment and other high contact areas with your bare hands.

Mechanics and wash bay staff:

Mechanics spend most of their days in well ventilated environments (workshops). In normal working conditions, they have no need to be physically close to anyone. Their main risks are in touching surfaces which could have the COVID-19 virus on them (tools, steering wheels, door handles, counter tops, pens, clip boards, paperwork, pump control switches etc.)

To manage the risk of infection and transmission at work we ask mechanics to:

Wipe the touch points in trucks/tankers with cleaning wipes at the start and end of every shift.

Use gloves when touching equipment in the workshops (including touch screens).

Wipe workshop touchscreens and other high-touch areas regularly throughout the day with cleaning wipes.

Office staff:

Office people spend most of their days in enclosed environments. Their main risks are in human-human contact in the office and touching surfaces which could have the COVID-19 virus on them (desks, computers, door handles, counter tops, pens, clip boards, paperwork, light switches etc.)

To manage the risk of infection and transmission we have some special plans:

We will increase the amount of remote work (ie. encouraging people to work away from the office). To do this we have set up new extra laptops that will allow people to keep doing their jobs remotely

We have asked everyone to put their mobile numbers in the company Microsoft Exchange address book so that we can keep in contact with people who are working remotely

We have started with a few people working remotely and increase this as our disciplines become more mature

We will still have some people from each team working in Geelong, Altona, Prestons and Tongala – we don't need the offices to be empty, just more sparsely populated to reduce the risk of infection. We will reassess this as the situation develops.

Each team will set up some daily conference calls and working disciplines that allow us to be as coordinated as we can be under these conditions

We ask people who are working in offices to follow these extra disciplines to reduce the risk of infection and transmission of the COVID-19 virus.

Do not have face to face meetings indoors

Always maintain a minimum distance of 2 metres to every other person that you come in contact with

Wipe desks, keyboards and other high-touch areas regularly throughout the day with cleaning wipes

Use gloves if you are handling paperwork or other materials that may have been touched by others

We are working together to make the best of a bad situation here. Our goal is to keep the company operating safely in the face of a major public health crisis. Various levels of government will change policy at short notice and this may add extra constraints to our efforts. This will be a test of how well we can work as a team. Please be patient with each other and the other customers and suppliers that we work with so that we can all give ourselves the best chance of survival.

We will update this website link as we have more news to share.

Good luck and stay healthy.
Simon

How eating well can help boost your immune system

The coronavirus presents many uncertainties, and none of us can completely eliminate our risk of getting COVID-19. But one thing we can do is eat as healthily as possible.

If we do catch COVID-19, our immune system is responsible for fighting it. Research shows improving nutrition helps support optimal immune function. Micronutrients essential to fight infection include vitamins A, B, C, D, and E, and the minerals iron, selenium and zinc.

Vitamin A is found in oily fish, egg yolks, cheese, tofu, nuts, seeds, whole grains and legumes.

B vitamins can be found in cereals, legumes, green leafy vegetables, fruit, nuts, fish, eggs, dairy chicken and meat.

Good sources of **vitamin C** include oranges, lemons, limes, berries, kiwifruit, broccoli, tomatoes and capsicum.

Vitamin E is found in nuts, green leafy vegetables and vegetable oils.

Although sun exposure allows the body to produce **vitamin D**, food sources including eggs, fish and some milks and margarine brands may be fortified with Vitamin D (meaning extra has been added).

Iron is found in meat, chicken and fish. Vegetarian sources include legumes, whole grains and iron-fortified breakfast cereals.

Zinc is found in oysters and other seafood, meat, chicken, dried beans and nuts.

Nuts (especially Brazil nuts), meat, cereals and mushrooms are good food sources of **selenium**

It's true some supermarkets are out of certain products at the moment. But as much as possible, focus on eating a variety of foods within each of the basic food groups to boost your intake of vitamins and minerals. And beyond diet, there are other measures you can take to stay as healthy as possible in the face of coronavirus.

Stop smoking to improve your lung's ability to fight infection, perform moderate intensity exercise like brisk walking, get enough sleep, practise social distancing and wash your hands with soap regularly.



Homemade Wholemeal Bread

If you are finding it hard to buy supplies in the Coronavirus crush, try this wartime bread recipe, with minimal ingredients making 2 loaves, its also a fun thing to do with the kids if you are stuck at home!

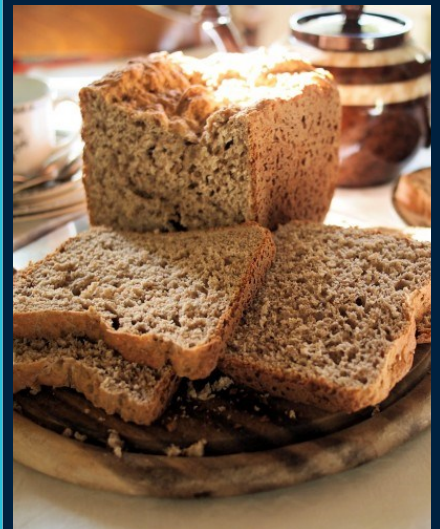
Makes 2 loaves

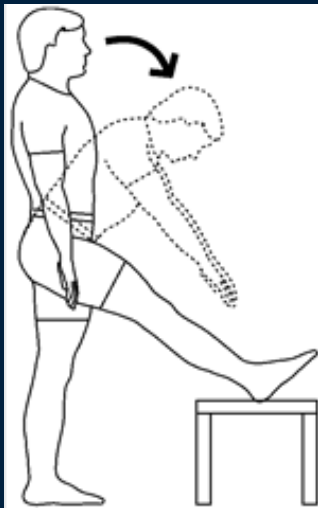
INGREDIENTS

- 5 1/2 cups wholemeal flour
- 1 1/2 tab salt
- 1 1/2 tab dried yeast
- 1 tsp Honey or maple syrup
- 1450 ml tepid water

METHOD

1. Mix together all ingredients and knead for about 10 mins until you have a soft dough
2. Place the dough in an oiled bowl, cover with a tea towel and leave until dough has doubled in size (about 2 hours)
3. Knock back the dough, give a short knead and then cut into 2 equal pieces. Place in 1.5L loaf tins and allow to rise for another 2 hours.
4. Pre-heat oven to 200degrees then bake loaves for 30 mins.
5. To test the loaves, turn them out of their tins and give the base a tap, if it sounds hollow it is ready. Allow to cool on a wire rack.

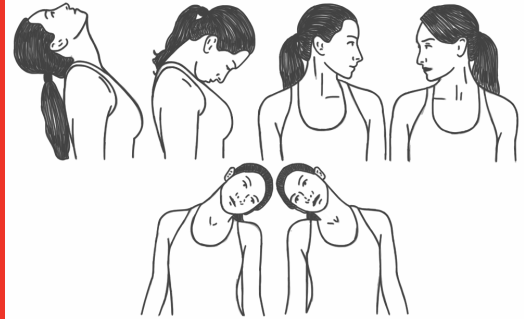




Hamstring Stretch

Stretching the hamstrings is important, especially when you are sitting for a lot of your day as they are more likely to be tight. Keeping the hamstrings loose will help lower the chance of strain or tear in the muscle.

Tight hamstrings can also put pressure on the lower back, stretching and strengthening are important to help prevent this.



Neck Stretch

When the head and shoulders drift forward with poor posture the muscles in the neck and chest can shorten and become tight, causing neck pain.

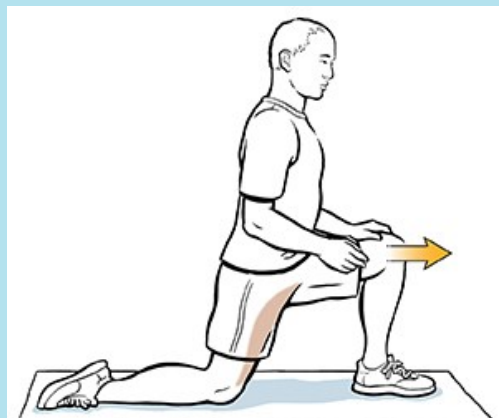
Stretching regularly can have a positive impact on your pain, posture and overall mobility.

When stretching don't push too far and hold for 20-30 seconds. Repeat each stretch 3- 5 times.

Hip Flexor Stretch

Sitting all day can have a major impact on your hip flexors, some of the signs you have tight hip flexors include aches or tightness in the lower back, poor posture, pain in the glutes or neck tightness and pain. Regular stretching can help to loosen the hip flexors and prevent injury.

Hold each stretch for 30 seconds and repeat 3-4 times



THE BEST STRETCHES FOR PEOPLE WHO SIT ALL DAY

Chest Stretch

Opening up the front of the body through a variety of chest stretches can help posture, back and neck pain and improve shoulder mobility.

Often tightness through the chest comes from sitting all day with the shoulders hunched.



How to stay productive when working from home

- **CREATE A WORKSPACE** - make sure you have a dedicated desk space that you can work at and then leave when you are off the clock. Don't work from the couch or your bed!
- **GET READY AS NORMAL** - get dressed, have breakfast and be ready to work by your normal start time.
- **PLAN THE DAY** - write a structured plan of your day, including normal break times for meals and some exercise. This will help you stay focussed and get the jobs that you need to do complete.
- **STAY CONNECTED** - keep in contact with your manager and colleagues. Create a group chat and check in with each other.
- **KEEP MOVING** - take regular stretch breaks, it takes 5-7 mins to do the above stretches and get some exercise in at lunch or at your work finish time.

APP OF THE MONTH



Stretching is essential to your daily life, even if you're not planning to exercise. It is recommended people stretch at least 2-3 times each week for a healthy life. It is scientifically proven that regular stretching helps reduce muscle stiffness, release pain, improve flexibility and relieve stress. This app provides daily routines, stretching for runners, before and after running and for flexibility and pain relief.



Meet a McColl's Champion

Name: Adam Carlson

Job Role: Operations Controller - Food

Depot: Geelong

Division: BFG

Time at McColl's: Approx 2 years

Tell us something interesting about yourself: At the age of 12, I played tennis School (National) Championships. Rd1, got smashed... defeated in straight sets by a little unknown player at the time, Lleyton Hewitt!!

What is IMPORTANT to you? Laughter. During these serious times we are living in, I feel that it's important to be able to catch up with mates, crack a 'beverage'

& have a laugh.

What are you listening to? Currently listening to a bit of vintage Red Hot Chilli Peppers (Blood Sugar Sex Magik)

Current Favourite HEALTHY MEAL: Mexican Lasagne (pasta sheets replaced by tortillas)

Best food hack to keep healthy eating on track: Probably portion control and don't go overboard on your cheat meal day!

Quote that inspires you? If you're not first, you're last. – Ricky Bobby 😊

How do you incorporate activity into your day? During the weekdays, usually at lunchtime, I try to get in 30-45min workout and on weekends I tend to get a run or workout in before breakfast.

What is your favourite type of exercise? Playing basketball Thursday nights, it's a great way to let off some steam!

What motivates you to exercise and eat well? Keeping up with the kids! They're just balls of energy at the moment!

What is your biggest accomplishment in health and fitness? Finishing the Flying Brick Bellarine Sunset half marathon in Portarlington wasn't too shabby 😊

Register for **Active April** now to get started or keep motivated on your fitness journey this April. Getting your 30mins of activity in is still crucial if you are working from home or in lockdown. 50% off the 28 by Sam Wood program is a great online incentive to help you get active.

Don't live in Victoria? Use the McColl's Geelong address to get access (92—96 Barwon Terrace, South Geelong)



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