

# HEALTH AND WELLBEING

NEIL PERRY RECIPE

## Seven tips for avoiding a bad back

**MOST** people don't give much thought to their back until it hurts. By following these simple tips, you can help reduce your risk of back pain.

- 1. Be aware**  
Pain is a warning sign. If what you're doing hurts, then STOP. Do not try to push through the pain.
- 2. Drop the load**  
If you're overweight you're a candidate for back problems. Keep a bottle of water on hand and try going for a walk around the block or office floor each time you need a refill.
- 3. Straighten up**  
Try to maintain a good posture by not slumping in your chair with rounded shoulders or hunching up over a work-bench or desk. Instead, imagine there is an invisible cord from the top of your head to the ceiling lifting you into a tall, relaxed posture. A gentle posture support or lumbar cushion support may also help keep you better aligned.
- 4. Get moving**  
Exercise regularly to help keep the muscles that support your back strong and flexible. Of particular importance are the lower back and abdominal muscles. Consider warming up like an athlete by

stretching before you start your working day.

- 5. Sleep easy**  
It's important to get enough sleep. Try sleeping on your side in the 'foetal' position—as this is usually the least stressful on your back. And choose a firm sleep surface that allows your spine to maintain its natural 'S' curve.
- 6. Lift correctly**  
You don't have to lift something heavy in order to hurt your back. Picking up something light incorrectly is far more likely to hurt your back than picking up heavy objects correctly. When you pick up anything, no matter how heavy, get it close to your body, bend your knees and keep your back as straight as you can and don't twist with it. Keep frequently used files within easy reach for example, to avoid straining.
- 7. Stress busting**  
When under stress, your back, neck and shoulder muscles often tighten up—that's when a sudden movement can trigger a painful muscle spasm. Learn how to relax your mind and body.  
Find further information on avoiding back pain at [www.badbacks.com.au](http://www.badbacks.com.au)

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The key offenders are telephones, which harbour up to 25,127 microbes per square inch, keyboards 3,295 and computer mice 1,676.

By contrast, the average lavatory seat contains 49 microbes per square inch, the survey showed.

Office equipment should be regularly wiped with disinfectant

wipes to prevent the spread of viruses and bacteria responsible for disease and winter sniffles.

The University of Arizona's Microbiologist Dr Charles Gerba who conducted the research said some cold and flu viruses can survive on surfaces for up to 72 hours.

## No braces.

**SPECIAL QANTAS STAFF OFFER. FREE teeth whitening kit valued at \$400 when you start your Invisalign treatment.**

Invisalign will straighten your teeth without your friends and colleagues ever knowing. Invisalign is the invisible way to straighten teeth using a series of custom made invisible aligners. Call today to make your appointment.

**Dr Eugene Chan** BDS, MSc (Syt), M Clin, RDS Ed, PhD  
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Clinical Consultant, Invisalign

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02 9667 2288

**Cremorne**  
02 9909 1122



## HEALTH AND WELLBEING

## New Employee Assistance Program

LAST month *Qantas News* featured the new provider of the Qantas Employee Assistance Program (EAP), Davidson Trahaire Corpsych (DTC) and this month *Qantas News* talked to DTC Psychologist EAP and asks her the program.

What sort of issues can help with?

People sometimes get mad or crazy to it is a long way from EAP counselling provided to assist people with all sorts of large and small problems that are affecting them—some of the people we are perfectly good people who are going through a difficult time. Some of the issues can be work related but can also be completely personal. No problem too small for the we like to help people as early as possible the problem be really distressing.

Some of the common issues that people are relationship problems of varying degrees of difficulty and complexity. People also seek assistance with family pressures such as parenting issues, the challenges of blended families or elder care. We see people who are suffering from depression and anxiety or grief and loss. Work issues often relate to coping with change at work and interpersonal difficulties with other team members.

How does speaking to a counsellor help?

Speaking with a counsellor can help in many different ways. It is sometimes helpful to speak with someone who is independent from your work and social life and has no pre-conceived ideas about you. Also, importantly, the counsellor will keep the discussion completely confidential. The counsellor can help you work out what issues are causing you distress or difficulty and identify strategies to help you cope

with the issues and move forward.

Sometimes people feel quite overwhelmed with the pressures they face and talking with a counsellor can assist



NEIL PERRY RECIPE

## Spanish Style Chicken Casserole

## COMPETITION

## Back support

*Qantas News* has five Bifom Back Lumbar Support Cushions from [www.Badbacks.com.au](http://www.Badbacks.com.au) to giveaway to five lucky readers.

The Bifom-Pad provides multi-density lumbar cushioning for complete lateral support of the lower back. Designed to support the curve of the lower back, this unique lumbar back cushion helps promote proper

posture and helps alleviate discomfort associated with sitting for long periods. It is easily attachable to most seating surfaces with its attaching strap.

For your chance to win visit the Qantas Intranet at: <http://qfintranet/qfpromo/index.html> for entry details and competition terms and conditions.



**badbacks®**

Win a lumbar support cushion.

[badbacks.com.au](http://badbacks.com.au) is also offering Qantas staff who visit their website during the month of September a free gift to the value of \$35 with purchases of over \$100.

with creamy potato puree.

on a chopping board, grate the thighs and ribs.

is a large, deep, tight-fitting lid. Cook in batches. Turn heat for 4 minutes, then browned, then onion, garlic, and paprika, some capsicum. Cook until soft. Add for 2 minutes, reduced and turn off. Add the to paste, stir well minutes. Return pan and add 1 simmer covered, recover and cook add the olives and further minute the heat.inkle chicken paprika, squeeze and give a good

at a location that is most convenient for you—we have a network of experienced counsellors across the metropolitan and regional areas of Australia.

Is the EAP confidential?

EAP counselling is confidential—we will not release counselling information to Qantas or any other party without the client's permission. Our counsellors are bound by the same rules of confidentiality as any other psychologist or counsellor in the community. The only information we provide to Qantas is general consolidated statistics that do not identify any individual client, for example information on how many people in total used the program.

For more information on the EAP, including contact numbers for overseas locations, visit the Qantas Intranet at: <http://qfintranet.qantas.com.au/hr/worklife/eapemployees.html>

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## DIVORCING?

Keep it out of the Court.

I can help you mediate your divorce in a civilised manner which offers the least stress and maximum savings.

Mediation saves time and money and delivers an amicable result.

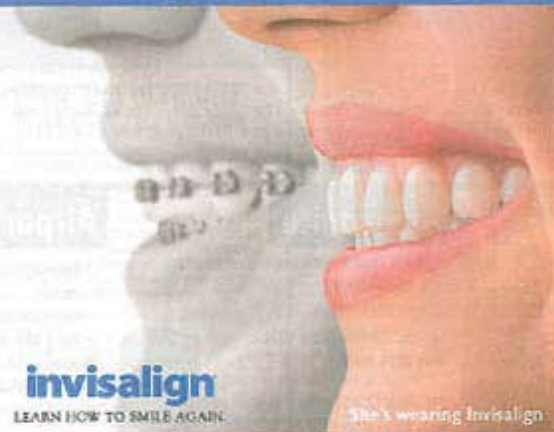
Contact

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I am a recent employee of Qantas with 32 years service in the long haul division.

## Straight teeth, No braces.



**invisalign**  
LEARN HOW TO SMILE AGAIN.

She's wearing Invisalign

**SPECIAL QANTAS STAFF OFFER.**  
**FREE teeth whitening kit valued at \$400**  
when you start your Invisalign treatment.

Invisalign will straighten your teeth without your friends and colleagues ever knowing. Invisalign is the invisible way to straighten teeth using a series of custom made invisible aligners. Call today to make your appointment.

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