



WSI-SRS Team

Fitness, Health & Wellness



Danny Bowles
WSI-SRS Team
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Biography

- ◆ Worked in the WSI-SRS Physical Fitness Program for 20 years.
- ◆ Managed the program for 14 years.
- ◆ Exercise and Sports Science degree from University of Georgia.
- ◆ American College of Sports Medicine certified Health Fitness Specialist.
- ◆ American Red Cross certified CPR/AED/First Aid Instructor



Program History

- ◆ WSI contract began on SRS in 1983.
- ◆ Primarily a fitness only program until 1998.
- ◆ Used Lessons Learned from a fatality at another site to begin implementing health & wellness aspects.
- ◆ The program continues to evolve in order to meet new requirements or missions.
- ◆ Primarily focuses on the Protective Force, but many elements are available for the support staff as well.

Program History

◆ 1998:

- Stress test program
- Body composition assessment
- Health & Wellness classes presented to Pro Force

◆ 2001:

- Mandatory courses taught during basic class training
 - ◆ Employee receives 2 college credit hours
- Voluntary physical fitness assessments with incentives
- Designed the second on-site fitness facility

Program History

- ◆ 2003:
 - Designed five additional satellite fitness facilities on-site
 - Developed the Physical Fitness Training Manual
- ◆ 2004:
 - Coordinated nutrition presentations with University Hospital
 - Internal website that includes fitness, health and wellness components
- ◆ 2007:
 - CPR/AED training and the purchase of AEDs.



Stress Test Program

- ◆ Coordination with the DOE-designated physician and the union to establish testing guidelines and risk factor requirements.
- ◆ Contract with a cardiologist.
- ◆ Conducted about 2,200 tests since 1998.
- ◆ 60% of the entire workforce has completed a test.
- ◆ Findings: 7 positive stress tests
 - Stints, pacemaker and by-pass surgeries



College Credit Hours

- ◆ Health & Fitness Course taught during Pro Force basic class. Consists of six classes:
 - Nutrition
 - Flexibility
 - Resistance Training
 - Coronary Artery Disease Risk Factors
 - WSI-SRS Physical Fitness Program
 - Cardiovascular Training
- ◆ Over 100 hours of lab = Physical Training sessions.
- ◆ American Council on Education evaluated the courses and awarded two college credit hours for the course.

Training Manual

- ◆ The Physical Fitness Training Manual was created and published by WSI-SRS.
 - Exercise prescriptions
 - Stretches and guidelines
 - Calculating Target Heart Rate
 - Selection of proper running shoes
- ◆ Many of the prescriptions were designed and validated by the Physical Fitness Section.
- ◆ Running Shoe briefing and one-on-one consultations resulted.
- ◆ The manual was distributed to the entire Pro Force. It was available to support staff.



Health & Wellness Education

- ◆ Coordinated agreement with University Hospital Dietetics Intern Program.
 - 12 interns visit the site during a school year and present various topics
 - Mandatory for Pro Force and optional for support staff
- ◆ Monthly Safety Meeting invites guest speakers such as local physicians, Wellness providers, public safety officials, etc.
- ◆ Subscribe to and distribute two publications to all employees.
 - Hope Health Letter
 - Wellness Monthly

Fitness Facilities

- ◆ Seven site facilities.
 - Two larger facilities in the HQ area
 - Five satellite facilities in the operational areas
- ◆ Pro Force employees are paid to exercise on-site. The facilities are an option.
- ◆ Satellite facilities contain the following:
 - Treadmills
 - Elliptical trainer
 - Bikes
 - Weights



CPR/AED Training

- ✦ In 2007, purchased Automated External Defibrillators and placed in areas of strenuous training.
 - Fitness facilities
 - Weapons ranges
 - Tactical training area
- ✦ CPR/AED training is required for over 75% of the company. American Red Cross certification.
- ✦ Currently have 23 AEDs in the company.

Core Strength & Flexibility

- ◆ Developed the program to address posture concerns for the Pro Force when they were fitted for body armor.
- ◆ Program consists of 13 stretches and exercises that directly target the body's core.
- ◆ The Pro Force completed the program during annual refresher training.



Questions?

