

# Ogdensburg Chamber of Commerce Worksite Wellness Policy

The Ogdensburg Chamber of Commerce values the health of their employees and intends to provide their employees with a healthy and supportive work environment. The Chamber understands that encouraging healthy changes in the workplace, where a substantial amount of one's life is spent, can reduce health risks and improve the overall quality of life for their employees. The Chamber will also set an example and remind visitors and event goers of methods to stay healthy, particularly with sun safety cancer prevention measures.

Therefore, the Ogdensburg Chamber of Commerce has pledged to promote a work environment where healthy choices are valued and encouraged by:

1. Supporting and encouraging healthy choices
2. Educating employees about the importance of healthy dietary and physical habits
3. Providing suitable food storage and preparation area for employees who bring their meals to work
4. Reducing the availability of sugar-sweetened beverages
5. Providing access to fresh drinking water for employees
6. Implementing catering guidelines, when appropriate, to ensure employees are provided with healthier food and beverage choices
7. Providing more fruits and vegetables at meetings and during training, when appropriate
8. Providing reasonable portion sizes, when appropriate
9. Educating employees about the importance of physical activity and achieving the recommended amount of daily physical activity
10. Encouraging short physical activity breaks during the work day, and especially during extended meetings and training, in support of helping individuals achieve the recommended amount of physical activity each day
11. Encouraging employees to provide input into health and wellness initiatives
12. Promoting basic personal strategies for preventing skin cancer for visitors:
  - a. Apply full-spectrum (UVA & UVB) sunscreen (SPF 15 or greater) to exposed skin 30 minutes before going outside in the sun.
  - b. Reduce exposure to sunlight between 10 AM and 4 PM (10 AM to 3 PM during the winter), when feasible.
  - c. Seek shade when outside in the sun.
13. Considering the availability of shade for visitors when planning outdoor activities.
14. Sun safety instruction will be incorporated into any Ogdensburg Chamber of Commerce activities/curricula for visitors.
15. Visitors will be encouraged and reminded to practice basic personal strategies for preventing skin cancer.
16. Visitors will be encouraged and reminded to practice basic personal strategies for preventing skin cancer on-site through Ogdensburg Chamber of Commerce written communications (ex: website, social media, newsletters, signage, etc.).