



DLA Philadelphia

VPP CAMPAIGN



August 2018

About the VPP CAMPAIGN

DLA Philadelphia aims to reach star status for its Voluntary Protection Program. VPP is an Occupational Safety and Health Administration program that recognizes excellence in safety and health management.

Over the past five months, a VPP topic has been introduced to give employees the opportunity to become more aware of the Safety and Occupational Health program at DLA Philadelphia.

As employees do become more aware, they can earn stars for their teams and eventually their directorates to demonstrate progress toward being able to earn the VPP Star from OSHA.

VPP CAMPAIGN topics

★ Employee Involvement

★ Housekeeping

★ Knowledge

★ Hazard Prevention

★ Well-Being

VPP CAMPAIGN Topic 5: Well-Being

A high level of well-being means that in some sense the individual's or group's condition is positive. Here are a few of the opportunities employees have to improve their well-being at DLA Philadelphia:

Ergonomics

Ergonomics is the science of fitting jobs to people. Ergonomic hazards are present in office work areas and facility/maintenance operations, where a range of health problems arise from repeated stress to the body encountered in the workplace, such as chronic back pain, carpal tunnel syndrome, tendonitis and more.

Employees can request an ergonomic assessment at their workstation by contacting Jennifer Schmitz at 215-737-2056 or Jennifer.Schmitz@dla.mil.

More info can also be found in the [DLA Philadelphia Safety and Occupational Health Plan](#).

Occupational Health Unit

A full time registered nurse operates the Occupational Health Unit in Bldg 2C.

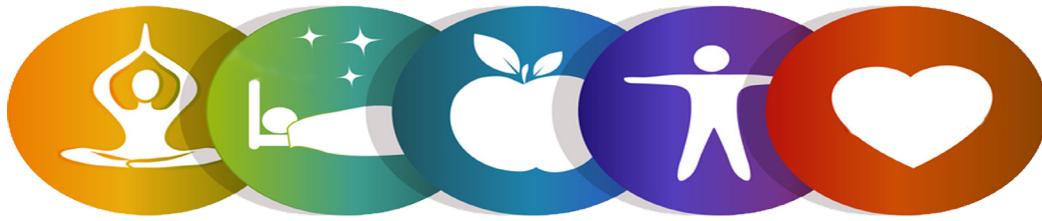
Clinic hours: 8 a.m. – noon and 12:45 – 4:30 p.m.
Phone: 215-697-6750

Services are limited to walk-in care, first aid and routine medical services such as:

- First aid and emergency assessment
- Treatments prescribed by private physicians
- Medical monitoring (audiometry, spirometry, etc.)
- Blood pressure monitoring
- Health risk appraisals
- Health and wellness education
- Seasonal flu shots
- Lactation rooms are also available at the clinic and in Bldg. 26 South, 2nd Floor. New participants are required to enroll at the clinic in Bldg. 2C.

DLA Philadelphia **VPP CAMPAIGN**

Improve your well-being



Employee Assistance Program

The EAP is free, available to federal employees 24/7 and offers numerous services:

- Counseling • Legal • Financial
- Child and elder care resources • Identity theft resources
- Health and wellness • Crisis response
- Supervisor and risk management consultation

Visit www.FOH4You.com | 1-800-222-0364

DLA Wellness & Fitness program

Eligible employees may participate in wellness and fitness activities during the workday for a maximum of one hour per day, three times per week. The goal is to encourage and motivate employees to develop a healthy lifestyle and enhance the quality of work life.

You can read more about the [DLA Wellness & Fitness policy on eWorkplace](#).

NSA Philadelphia Fitness Center

The Fitness and Wellness Center has more than 50 pieces of cardio equipment. Their trained and certified staff is available for fitness assessments and to answer your fitness questions.

The Fitness Center also holds more than 15 group exercise classes each week offered throughout the day, sponsors intramural sports, 5K run/walks and a variety of incentive programs.

Visit the [Fitness Center website](#) to see the class schedule and for more info.

VPP review: Well-Being

1. Where can you learn more about the Employee Assistance Program and the DLA Wellness & Fitness program?
2. What services can you go to the Occupational Health Unit for?
3. How can you request and ergonomics assessment?



[DLA Philadelphia VPP eWorkplace site](#)

[OSHA VPP website](#)

DLA Philadelphia Safety office

215-737-2566 | dscpsafety@dla.mil



How to earn the star for Well-Being

All employees should review the questions above with their respective teams and become familiar with the opportunities to improve their well-being at DLA Philadelphia.