

**Emerging Markets and Industry Trends
Breakout Sessions
March 30, 2006**

Fit for Life

Learn how to improve the quality of life for your workforce through wellness and healthy living. The session focuses on developing and adapting attitudes, values and lifestyles for better overall wellness.

Charles Austin, MS, Industrial Hygienist, has worked for 17 years doing Occupational and Environmental Health research, training, assessments, and testing. He has worked with industrial, construction, government, and residential industries. He collaborates with SMOHIT staff, regional coordinators, and health professionals on developing safety and health training materials, directing research, and consulting around local and national issues related to environmental, safety, and health concerns. He also conducts training for OSHA and Environmental courses. Charles performs audits, training, research, inspection, and testing on various health and safety issues in an effort to improve the level of health and safety within the sheet metal industry.

Gary Batykefer is head of the Sheet Metal Occupational Health Institute Trust (SMOHIT), a joint labor-management health and safety organization serving the sheet metal industry. For the past six years, he has led the design and development of health and safety training products and services that promote the reduction of occupational illness and injury. As SMOHIT Administrator, he has directed the development and distribution of more than 35 health and safety products and has met the industry's demand for enhanced medical screening programs.

Gary began his career as a mechanical engineering student at Gannon University and graduated with honors from the Dean Institute of Technology with a specialty in mechanical and tool and die design. For more than 30 years, Gary has served the sheet metal industry by addressing issues of mutual concern between labor and management. His background covers extensive work in designing and initiating journeyman training classes, serving as an active member of Sheet Metal Local 12 Pittsburgh, PA, and serving as a Trustee prior to being appointment SMOHIT Administrator.

Fit for Life

Thursday, March 30, 2006

8:00 – 9:45 am

Title

How to improve the quality of life for your workforce through wellness and healthy living.

Objectives

- **Understanding the Importance of Good Health**
- **Preventing work-related illness, injury and disability**
- **Promoting healthy living and lifestyles to reduce and prevent acute and chronic disease**

Content to Discuss

- How to maintain good health
- How do you Improve Your Quality of Life at Work
- Assessment activities that are used to determine employee health
- Health screening
- Communication
- Self help and care programs
- Involve the employee's family
- Recognition of hazards
- On-going evaluation
- Control measures
- How do nutrition and the environment play a role in our quality of life?

- Demonstration

- Present SMOHIT Fit for Life DVD
- Reference materials

Presented by Gary Batykefer, SMOHIT Administrator and
Charles Austin, Staff Industrial Hygienist