



H.R. LaBounty Safety Awards Nomination Form

Nomination Deadlines:

Spring Awards: February 1, 2024

Fall Awards: September 2, 2024

Agency: Walnut Valley Water District

Project/Initiative Title: Deskercise & Fieldercise Charts

Implementation Date: November 2023

Cost to Implement: \$0

Staff Time Required: 15 minutes a day

Number of Employees/Facilities Impacted: 57 Employees (All)

Employee/Department/Committee Nominated:

Name(s): Shawna Seals

Job Title/Department: Human Resources Analyst

Nomination Summary

Write a brief summary of your project/initiative. Clearly state the problem/hazard recognized by the nominee and the specific reasons that they initiated corrective action.

Office Staff positions require long term sitting throughout the work day which doesn't always allow the opportunity to get away from the desk area. Field Staff is used to the outdoor pace and working in the elements, however don't always find the time to stretch before or after their daily tasks. These new charts give both Office and Field staff the instruction to stretch, release tension, and promote movement when they are not able to step away from their daily duties.

Describe the specific actions taken to resolve the problem(s) or challenge(s). Share the best practices that made this initiative successful for the agency and its impact.

The charts have been emailed to each employee individually as well as printed hard copies displayed in various locations inside and outside the District facilities, making it easier to find a moment and space to safely perform suggested exercises. The "Fieldercise" chart has also been laminated and placed in each District vehicle for ongoing use.

State whether the hazard was reduced with engineering controls, introduced a new administrative or work procedure, or relied on personal protective equipment to solve the problem.

These charts have been created and distributed for use on the judgement of each employee individually. The optional use of hand weights or stretch bands is at the discretion of the employees' comfort and strength level. Stress is reduced with every stretch and exercise on the charts. It is not only essential for staff to be ready to work, but necessary for mental health to release stress in a healthy, fun way.

Describe any extraordinary circumstances that made this nominee's safety accomplishments significant. Describe whether the nominee influenced safety in the workplace, encouraged employee participation in safety efforts, obtained organizational "buy in" to implement the solution.

Shawna began the process of creation by asking office staff and various field staff if this would be a chart that they would use, if available. The buy in was easy and very well accepted. She noticed a need to stretch and apply simple stress relievers throughout the day for not only function, for our daily mental health as well.

Describe whether the project/initiative addressed a hazard or exposure included in the JPIA Commitment to Excellence Program.

These charts relieve stress and allows staff to keep completely aware throughout the day which makes for a positive work environment and clear mind for concentration on important tasks being worked on daily.

- Office/Field Ergonomics
- Vehicle Operations
- Slip/trip/falls – falls from heights
- Emergency Readiness/Wildfire Prevention
- Other:

List and attach any supporting materials that you feel are important for the reviewers to gain a complete picture of the nomination. Digital photos, supporting documentation, sample forms, etc.

Nominated by: Carmen Fleming



Date: 1/9/2024

General Manager:



Date: Jan 9, 2024

Please email this form with supporting documents and digital photos (jpg) to tlofing@acwajpia.com.