

The Occupational Health Team



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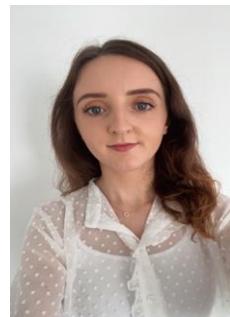
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March's topic: *Clear The Air*

C1 ■ ALIGN aim high **About Your Lungs**

What are your lungs and what do they do?

The lungs are located in the body near the backbone on either side of the heart.

Their function is to extract oxygen from the atmosphere and transfer it into the bloodstream, and to release carbon dioxide from the bloodstream into the atmosphere, in a process of gas exchange.

Clear The Air March 2024

C1 ■ ALIGN aim high **Benefits of Quitting!**

13 MARCH IS NO SMOKING DAY

It's never too late to stop smoking! When you quit the smokes, you will have better physical health. The day you stop, your body starts clearing itself of all those nasty toxins and the repair process begins.

You'll notice some benefits within just days or weeks:

- ✓ Your senses of taste and smell will improve
- ✓ You'll start to breathe more easily
- ✓ You'll have more energy

Other benefits will follow:

- ✓ Better blood circulation to your heart and muscles will make physical activity easier
- ✓ Improved lung function - reductions in any coughing, wheezing or other breathing problems

www.nhs.uk/better-health/quit-smoking/

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C1 ■ ALIGN aim high **Quiz**

Just use your phone to scan the QR code

<http://tinyurl.com/2p9cvk8v>

Test Your Knowledge!

Complete the online quiz anytime during March...
...the winner will be announced at the end of the month!

Clear The Air March 2024

For Employee Assistance Programme and other useful contacts please [click here](#)

To book a mini health MOT please [click here](#)

For more information on the services we provide, please [click here](#)

To see the project wellbeing information and calendar please [click here](#)

Just use your phone to scan the QR code



<http://tinyurl.com/2p9cvk8v>

Available for:

- Health checks/MOTs
- Safety Critical Medicals
- Health and Wellbeing Advice
- Emergency treatment and response
- Walk-in assessments & treatments
- Drug & Alcohol Testing