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PNGPCL to promote safe and healthy living in workplace

PNG Ports Corporation Limited (PNGPCL) employees have been urged to practice safe and healthy living by observing their lifestyle habits.

PNGPCL Chief Executive Officer, Brian Riches made this remark recently when outlining the Company's objective in promoting a safe and healthy workplace for its staff, particularly free from lifestyle diseases such as high blood pressure (HBP).

HBP is a serious condition that can lead to coronary heart diseases, heart failures, strokes, kidney failures and other health problems.

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. When this pressure or HBP rises, it can lead to coronary heart diseases, heart failures, strokes, kidney failures and other health problems.

Mr Riches said the unhealthy lifestyle habits including eating too much sodium (salt), drinking too much alcohol, not getting enough potassium in the diet, not doing enough physical activities and too much smoking practiced by many people nowadays can increase their risk of having HBP.

He said high blood pressure itself usually has no symptoms and therefore, urged PNGPCL staff to undergo blood pressure tests on a regular basis in order to know their status.

"Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, you can work on maintaining this level. However, if your blood pressure is too high, you can take steps to lower and control your blood pressure as this helps reduce your risk of complications," he said.

Mr Riches said lifestyle measures of eating healthy food, losing weight if overweight or obese, doing enough physical activities, quit smoking, managing your stress and learning to cope with stress can assist in maintaining normal blood pressure.

"If you have HBP, you can still take steps to prevent the long-term problems it can cause. Lifestyle measures and medicines can help you live a longer and more active life," he said.

Meanwhile, Mr Riches has warned PNGPCL employees to also watch their consumption of sugar to avoid the risk of having high blood glucose/sugar levels.

Normally, blood glucose levels in people increases slightly after eating. This increase causes the pancreas to release insulin so that your blood glucose levels do not get too high.

Mr Riches said: "Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves and blood vessels."

PNGPCL's human resource division through the corporate services department is therefore organising for its employees in all ports and head office to have blood checks on blood pressure and blood sugar together with Cholesterol levels in the very near future (a date and time will soon be announced).

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