

West Kenya Staff Sensitization

WorkPlace Tidbits

Sitting Posture



Office workers are at lower risk of workplace injuries than most other categories of employees. However sitting all day at the office desk can put you at risk of developing moderate to severe health problems like numbness, stiffness, neck and back pain.

As you get to sit, always adjust the chair's height so that your feet are firmly on the ground/floor. Sit up straight, adjusting the chair to provide firm back support. If your feet don't touch the ground, place them on a footrest

Your head should be centered over your neck and shoulders, wrists flat and elbows resting comfortably at your side. You should always maintain a relaxed/neutral posture.

Position the chair, desktop PC, or file, or whatever you are working on in a straight line with your body.

Place your mouse next to the keyboard, and keep it as close as possible to your body, to avoid overreaching.

Take regular breaks to get up and move around usually after every 45 minutes to 1 (one) hour. This also helps to reduce eyestrain and fatigue.



Personnel from the Human Resource department leading the sensitization exercise

The Human Resource Department recently held a two day group sensitization workshop at a Kisumu hotel for the West Kenya & Nyanza Region staff. This is part of a routine training programme that targets staff from all regions. The trainings cover a myriad of important subjects such as Alcohol and Drug abuse, Gender Mainstreaming, Disability Mainstreaming, HIV/AIDS Control, Knowledge Management, Safety & Security, S4HANA and Employee Wellness Promotion.

Through these workshops, the Corporation aims to reduce the prevalence of alcohol and drug abuse among staff, increase HIV/Aids awareness and train staff on how to enjoy a healthy lifestyle.

And because a strong organization thrives on healthy workers, the staff were also trained on;

- Nutrition/Lifestyle Diseases
- Stress Management
- Diabetes/Cancer/Blood Pressure
- Mental Health
- Counselling and testing

These sessions were guided by professionals drawn from the Corporation's Insurance Policy providers and The National Aids Control Council.



Staff members undergoing a wellness test

Similar workshops have been planned to take place in all regional offices.

REREC Enhances Education Development



St. Martin Kathonzweni in Makueni County

St. Martin Kathonzweni in Makueni County and Nyamagwa Secondary School in Kisii County are the latest institutions to benefit from REREC's CSR programme.

St. Martin Kathonzweni operates a kitty geared towards assisting the less fortunate students in its ranks, dubbed "Touch a Learner" (TALE). REREC donated two hundred thousand shillings (Ksh. 200,000) to support the "TALE" project.

In Kisii County, the Corporation donated classroom furniture to Nyamagwa Secondary School in Bobasi Constituency. The event was made possible through a long term partnership with Kamiti Maximum Prison who supplied the classroom furniture through REREC funding.



Nyamagwa Secondary School in Kisii County