

## EFFECT OF NUTRITION ON HEALTH AND SAFETY

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**F**or the realization of global positive impact a more safe and secure work, there is a need for deeper understanding of how nutrition affects productivity at the work place. Due to many demands at the workplace, maintaining a healthy diet at work might fall as a low priority. Getting time for eating and ample access to vending machines, snacks, doughnuts, and other junk foods, the workplace can derail the best-intentioned diet. Good nutrition habits have a positive impact on occupational safety and health and subsequently workplace productivity. It is well documented that unhealthy foods lead to obesity and chronic diseases, while lack of it can cause malnutrition among other disorders and ailments. In both these instances, the effects are detrimental to a strong, well-equipped workforce. What workers eat influence their health and their productivity, so it is in the interest of all the social partners unions, workers, employers and governments around the world to contribute in their different ways to good nutrition and a healthy diet at work.

### **Biography**

Hezron Ngugi has graduated from Mt Kenya University with a BSc in Business Administration and later a BSc in Public Health, with specialty in occupational health and safety. He works at Unisafe safety and presently also works as consultant with Kaileys Consortium Limited.

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