



A health and safety bulletin from

UI HealthWorks and WORKSAFE IOWA

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OSHA Focus on Workplaces with Highly Hazardous Chemicals

OSHA establishes a "national emphasis program" to help inspectors apply OSHA standards in a specific area. The agency has notified their offices of a Chemical NEP to reduce hazards associated with the catastrophic release of highly hazardous chemicals. In three federal regions, including Region VII (Iowa, Missouri, Kansas, Nebraska), compliance officers will be conducting programmed inspections of workplaces that have these chemicals in quantities ("programmed" inspections do not result from complaints or accidents).

OSHA (OSHA Notice - 09-06 (CPL 02)) - www.osha.gov/OshDoc/Directive_pdf/CPL_02_09-06.pdf

Health Care Reform and a Healthy Workforce

The ACOEM (American College of Occupational and Environmental Medicine) see a key element of health care reform being national attention on the workplace as a location for health promotion and prevention. Among the objectives of the "action plan" they presented to Congress last June are establishing an Office of Worker Health and Productivity within DHHS, creating a special council to advise the President and Congress about workplace health measures, and passing legislation that would provide a tax credit to employers that offer wellness programs.

ACOEM (Action Plan for Workforce Health and Prevention) - www.acoem.org/HealthyWorkforce_actionagenda.aspx

Living Well

Want to reduce your risk of getting diabetes by 93%? or having a heart attack by 81%? cut your risk of a stroke in half? CDC researchers analyzed data from a study of 23,000+ German adults and identified 4 key factors that together decreased the risk of developing chronic illnesses (they're not exactly surprising but worth being reminded of).

"Healthy Living is the Best Answer" - www.wellspring.com/page/1269&mode=newsletter#1272

Simple H1N1 Prevention Strategies

Since preventing contact with the H1N1 virus may be next to impossible during a pandemic, experts counsel that we can instead focus on preventing its spread, with relatively simple steps toward that goal: besides hand washing, you can gargle, cleanse your nose, and drink warm liquids as well.

"Simple Ways to Prevent Influenza/N1N1" -

<http://countrylife.lehmans.com/2009/09/28/simple-ways-to-prevent-influenzah1n1-swine-flu/>

"What Your Workers Need to Know about Pandemic Preparedness" -

www.safetyexchange.org/compliance-risk-management/workers-pandemic-preparedness

"12 Natural Tips to Prevent a Cold" - www.webmd.com/cold-and-flu/cold-guide/12-tips-prevent-cold-flu?page=2

Sick Leave in an Unusual Flu Season

Catching the flu at work does not qualify an employee for workers' compensation nor under normal conditions does it give him or her the option of FMLA leave. But a pandemic may create abnormal circumstances, and employers need to balance employees' productivity with adequate recovery.

"Pandemic Planning: Sick Leave Policies" - <http://hr.blr.com/whitepapers.aspx?id=80870>

UI HealthWorks is a member of the WORKSAFE IOWA Occupational Medicine Associate Network, the only university-affiliated network of occupational health providers. WORKSAFE IOWA is an outreach program of the Department of Occupational and Environmental Health in the College of Public Health at the University of Iowa (www.public-health.uiowa.edu/worksafe).