Depression Awareness Month

Many more people now understand that, rather than a character flaw, depression is an illness involving an imbalance of brain chemicals, but most managers still find it difficult to handle this problem in the workplace. The good news is that by providing structure and a sense of accomplishment, work can reduce the likelihood of becoming depressed. The National Institute of Mental Health (NIMH) recommends that employers make sure that employee assistance program staff are trained to recognize and provide referrals for depressive disorders and educate managers and employees about depression.

While depression is now understood as a treatable illness, it may not be easily treated. When it continues despite initial treatment, an individual may need to switch medicines, sometimes several times (as shown in research by the National Institutes of Health).

Mental Health America (Depression in the Workplace) –
www.mentalhealthamerica.net/index.cfm?objectid=C7DF951E-1372-4D20-C88B7DC5A2AE586D


NIMH (“Stories of Depression: Does This Sound Like You?”) – www.nimh.nih.gov/publicat/nimhstoriesdepression.cfm

NIMH (Publications About Depression”) –
www.nimh.nih.gov/health/publications/topics/index-depression-publication-all.shtml

NIMH (“Benefits to Employers Outweigh Enhanced Depression-Care Costs”) –

Health Info by Podcast

Information from the Morbidity and Mortality Weekly Report (MMWR) is being made available to a broad, non-medical audience as podcasts. Plans are for 3 podcasts to be produced from each report:

- A Cup of Health with CDC (5- to 8-minute interviews with authors or spokespersons)
- A Minute of Health with CDC (a 59-second capsulized version of a report)
- Un Minuto de Salud con los CDC (Spanish version)

The first topic is the importance of screening for colorectal cancer.

MMWR - www.cdc.gov/mmwr/

Hazards of Thermoforming

A new OSHA module describes the potential hazards associated with thermoforming—a manufacturing process involving a thermoplastic sheet or film that is heated, formed and trimmed. The OSHA information covers hazards and solutions in both setup and production.

OSHA (Machine Guarding) -

FYI: Revised HAZWOPER


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).