

HealthWorks

A newsletter of Tri State Occupational Health for its employers



Your partners in Wellness

Tammy Studelska, Medical Review Officer Assistant is our Coordinator of Consortium Services and



Drug and Alcohol Testing. She is available to assist you with:

- Supervisory training
- Drug and alcohol policy templates
- DOT regulations and preparation for audits
- Random picks and compliance with regulatory standards
- Questions on state regulations for drug and alcohol testing

Tammy can be reached at (563) 584-4600 or by email at tstudelska@mahealthcare.com

Thalia Cutsforth is our Account Executive. She is available to assist you with questions/information regarding the programs we offer in occupational health, safety, wellness, injury prevention and management.



Thalia can work with you to pursue opportunities to reduce risk and promote a healthier workplace. She can be reached at (563) 584-4600 or by email at tcutsforth@mahealthcare.com

Control your costs with substance abuse programs

In 1988, Ronald Reagan signed a bill that initiated substance abuse testing in the workplace. Great strides have been made since then to create drug free workplaces, but according to 2008 statistics compiled by Substance Abuse and Mental Health Services Administration (SAMHSA), 8.8 percent of people employed full time were illicit drug users. 8.9 percent of people employed full time reported heavy alcohol use, and 75 percent of the nation's current illegal drug users are employed.

Tri State Occupational Health can help you design an individualized program that fits the needs of your company. Our comprehensive drug and alcohol program and consortium services are the only ones in the region that can provide templates and policies to guide you through the process of becoming a drug-free workplace. We will keep you informed of regulatory changes and become a resource for all of your questions.

A drug and alcohol program can reduce the risk of accidents, increase productivity, reduce costs, deter use of drugs and alcohol, reduce work comp and



unemployment and encourage employees to get help. Working with Tri-State Occupational Health to incorporate a substance abuse program is a wise business strategy.

Some web sites that provide you with sample policies and documents include:

www.dol.gov/elaws/drugfree.htm

www.drugfreeiowa.com

<http://rethinkingdrinking.niaaa.nih.gov/>

<http://www.drugfree.org/Intervention/>

To learn more about becoming a drug-free workplace, call (563) 584-4600.

Calendar of Events

MEDIC FIRST AID RECERTIFICATION

**July 16, NICC-Dubuque Center,
Room 200, 8:00 a.m.-Noon.**

Review training on emergency procedures for those with current medic first aid card. Call (563) 557-0319 for more information.

STROKE DETECTION PLUS

**July 20, Mercy Medical Center,
Dyersville, 9:00 a.m.-4:30 p.m.
July 21, 22, Mercy Medical
Center, Dubuque, Tuesday,
July 21, 9:00 a.m.-5:00 p.m.,
Wednesday, July 22, 8:30 a.m.-
4:30 p.m.**

Screenings for carotid artery blockage, abdominal aortic aneurysm, and peripheral vascular disease. Cost is \$40

each or all three for \$100. An osteoporosis screening is available for \$40, and when combined with the three stroke detection screenings, the total for all four is \$120. Appointments are required by calling Stroke Detection Plus toll free at 1-877-732-8258.

SKIN CANCER SCREENING

**July 21-26, Commercial Exhibit
Building at Dubuque County
Fairgrounds, 2:00-7:00 p.m.**

Booth is staffed by Mercy Community Education Nurses 12:30-8 p.m. daily. Medical Associates Clinic Dermatologists will conduct private and confidential screenings. No fee or reservations required. Admission is charged to get into the fair, however admission to the fair is

free till 3 p.m. on Tuesday and Thursday.

PEDIATRIC MEDIC FIRST AID CERTIFICATION

**July 25, Town Clock Center for
Professional Development,
Room 112, 8:00 a.m.-4:00 p.m.**

Training on pediatric emergency procedures for accidents or sudden illness. Call (563) 557-0319 for more information.

PEDIATRIC MEDIC FIRST AID RECERTIFICATION

**July 25, Town Clock Center for
Professional Development, Room
112, 8:00 a.m.-12:00 Noon**

Training on pediatric emergency procedures for accidents or sudden illness. Call (563) 557-0319 for more information.

Tip of the month.

Insect bites

Every year many people are stung by a group of insects which includes bees, wasps such as hornets, yellow jackets, etc., fire ants and harvester ants. Reactions to these stings vary from simple discomfort to acute allergic reactions. Seek immediate medical attention if you are stung in the mouth or nose as swelling may block airways. Also seek emergency care if any of the following symptoms are present, as these could indicate an allergic reaction:

- large areas of swelling
- abnormal breathing
- tightness in throat or chest
- dizziness
- hives
- fainting
- nausea or vomiting
- persistent pain or swelling



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HealthWorks is published by Tri State Occupational Health for its employers. The purpose of Tri State Occupational Health is to provide you with resources and information to make your workplace safe and healthy. Contact Deb Poppe at (563) 584-4606 or dpoppe@mahealthcare.com for more information.



Tri-State Occupational **Health**
MEDICAL ASSOCIATES/†Mercy