



A health and safety bulletin from

Tri-State Occupational Health and WORKSAFE IOWA

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The idea, of course, is for smokers to quit for more than 24 hours—and the American Cancer Society has a wealth of resources for The Great American Smokeout on November 17. In 2008 (most recent ACS data), smoking accounted for 438,000 premature deaths, 38,000 of them attributed to secondhand smoke. For the smoker who says, "Don't tell me why to quit; tell me how," ACS guidelines points to common factors: making the decision to quit, setting a quit date and choosing a quit plan, dealing with withdrawal, and maintenance. **ACS (Great American Smokeout) - www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index**

Workplace Safety - For Flu Too

OSHA's online resources cover basic infection control procedures for workers and employers (with those who provide healthcare services addressed separately). Basic workplace controls fall into 5 categories:

- promoting vaccination
- encouraging workers who are ill to stay home
- promoting hand hygiene and cough etiquette
- workplace cleanliness
- travel-related issues

Companies should also be prepared for a flu outbreak at the level of a pandemic, based on a "worst-case" scenario, and the agency also offers guidance on preparing that type of plan.

OSHA (Seasonal Flu) - www.osha.gov/dts/guidance/flu/index.html

(Pandemic Influenza) - www.osha.gov/dsg/topics/pandemicflu/index.html

The Right to a Safe Workplace

OSHA information covers the rights to which workers are legally entitled to under the Occupational Safety and Health Act (as well as filing a complaint and whistleblower protections). Another booklet lets employers know of their rights and responsibilities following a federal OSHA inspection.

OSHA (Workers' rights) - www.osha.gov/Publications/osh3021.pdf

(Employer Rights and Responsibilities) - www.osha.gov/Publications/osh3000.pdf

"No job is a good job unless it is also a safe job."

So said Secretary of Labor Hilda Solis at the release of the 2010 Bureau of Labor Statistics (BLS) injury/illness data. Among private industry employers, injuries and illnesses declined from the previous year: 3.1 million in 2010 (rate of 3.5/100FTE) vs. 3.3 million in 2009. Workers in the public sector have a higher injury/illness rate (5.7/100FTE), and more health care and social assistance employees are injured than construction or manufacturing workers.

BLS (Workplace Injury and Illness Summary) - www.bls.gov/news.release/osh.nr0.htm

Tri-State Occupational Health 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).