Flu Prevention

With the vaccine shortage, employers can shift from flu immunization efforts to education, emphasizing behaviors to help employees avoid illness. Good respiratory hygiene and hand washing are the main ways to prevent the spread of germs, as well as staying away from work or school when sick.

“Stopping the Spread of Germs at Home, Work & School” (Centers for Disease Prevention & Control) - http://www.cdc.gov/flu/protect/stopgerms.htm

“Employee Health Education may be the Best Medicine” (American Association of Occupational Health Nurses) - http://www.aaohn.org/press_room/AAOHN-Flu-Release.cfm

OSHA eTool Highlights Noise and Hearing Conservation

“eTool” - stand-alone, Web-based training material developed from a section of the OSHA Technical Manual helps you evaluate occupational hazards in the workplace. This one focuses on hearing conservation and features background information (physics of sound, physiology of the ear), specifics on sampling, use of a sound level meter), and a summary of federal, industry, and professional standards and guidelines.


Work & Get Fit

The workplace turns out to be a good place for people to set and strive for fitness goals. An American Association of Occupational Health Nurses survey (July 2004) found that of the 2% of US workers who joined workplace weight-management programs, nearly half reached and maintained their goals. Survey respondents identified mutual support, convenience, and professional assistance among the keys to their success.

Company-sponsored programs can draw an eager response. Rockwell Collins (RC) managers and staff from the health services, recreation center, and day care center developed a company-wide “Heart Month” program for February. RC employees can participate in a blood drive, blood pressure screening, and brown-bag sessions with a cardiologist. The month-long walking program, “28 Miles in 28 Days” drew so many of the Coralville facility’s employees that directional signs had to be posted in the plant aisle for traffic control.

Friendly competition is a feature of some programs, like the statewide “Lighten Up Iowa” (LUI) program. Now in its third year, LUI has enrolled more than 14,500 people for the 2005 program that runs from January 19-June 8. Registration is still open for LUI (the entry fee is $10/person), in which teams of 2-10 members compete in 2 divisions: weight loss or accumulated activity (or both).


Rockwell Collins “Heart Month” – contact Janice Mishler, RN, COHN, 319/295.1315, jhmishle@rockwellcollins.com

Lighten Up Iowa - http://www.lightenupiowa.org/