



A health and safety bulletin from

UI HealthWorks and WORKSAFE IOWA

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Bed Bugs At Work

Fortunately, office settings are not the ideal environment for bed bugs, who are most interested in feeding, at night, on a sleeping or resting human. However, a workplace can have an infestation when enough of the pests are brought in from home, usually on workers' clothes. While prompt reporting of a bed bug sighting is important, one or more rogue bugs do not indicate a reproducing infestation. If pest control is needed, integrated pest management is the recommended approach, combining risk/hazard assessment, education, habitat modification, biological control, and pesticides (the EPA has a large database of registered pesticides for use against bed bugs.)

Martindale.com (Employers Don't Need to Worry About Bedbugs...Or Do They?) -

http://www.martindale.com/legal-news/article_Jackson-Lewis-LLP_1154294.htm

How to kill bed bugs in the workplace (video) - www.wonderhowto.com/how-to-kill-bed-bugs-workplace-291900/
EPA (database) - <http://cfpub.epa.gov/oppref/bedbug/>

Those Darn Clever Viruses

Influenza re-infects us because the viruses change subtly year to year, and our immune system doesn't recognize the new one. So it's time again to protect ourselves with simple methods like hand washing and sneezing into our arm. And medical experts always stress the value of yearly vaccinations, administered either as an injection or a nasal spray. Employers are encouraged to make sure their time-off policies allow employees to get flu shots and that workers understand how concern for their fellow workers should extend to staying home from work if they have fever, chills, and other flu symptoms.

CDC (Seasonal Influenza) - www.cdc.gov/flu/index.htm

Community Health Charities (podcast) - www.healthmattersatwork.org/HMatW-Podcast-Series

Society for Human Resource Management (Flu Prompts Companies to Examine Sick Leave) - www.shrm.org/hrdisciplines/employeerelations/articles/Pages/FluPrompts.aspx

Improving Employee Health and Controlling Health Care Costs

Senator Tom Harkin is the keynote speaker at the November 30 conference on "Building a Healthier Workforce and a Healthy Iowa." The one-day event at the Des Moines Downtown Marriott will cover promoting health behavior in the workplace, integrating employee health programs, and trends and updates on insurance and health care reform. CEU credits are available and lunch is included in the registration fee.

Brochure (and registration) - www.medicine.uiowa.edu/cme/webTracker/webtracker.html

"Cultivating Change" Conference

The 2010 Midwest Rural Agricultural Safety & Health Forum is November 17-18 at the Iowa City Hotel Vetro/ Sheraton. Among the topic areas for breakout sessions are farm injuries, ATV safety, toxicology, and health care reform. A special banquet will celebrate the 20th anniversary of Iowa's Center for Agricultural Safety and Health (I-CASH), which is a partnership of the University of Iowa, Iowa State University, the Iowa Department of Agriculture and Land Stewardship and the Iowa Department of Public Health.

Registration (MRASH 2010) - www.continuetolearn.uiowa.edu/uiconferences/

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).