

## A Health and Safety Bulletin from

# UI HealthWorks and WORKSAFE IOWA

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### In the Good Ol' Summertime

"Extreme" heat is defined by the CDC as temperatures 10 degrees or more above the average high temperature and lasting for weeks. Heat stress, heat stroke, heat exhaustion—they're not the same thing and require different responses. Simple-sounding advice can also be misleading, such as "drink lots of fluids." Liquids that contain alcohol, or large amounts of sugar actually cause you to lose more body fluid and very cold drinks can cause stomach cramps. Now's the time to update your knowledge on this hot topic!

**CDC Emergency Preparedness/Response (Extreme Heat)** - [www.bt.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp)

**OSHA (Quick Card)** - [www.osha.gov/Publications/osha3154.pdf](http://www.osha.gov/Publications/osha3154.pdf)

**UT-Tyler (Heat Condition Table)** - [www.uttyler.edu/safety/heatconditions.html](http://www.uttyler.edu/safety/heatconditions.html)

### Pandemic Update

The H1N1 influenza virus has now infected people in many countries, and the spread of this virus continues. On June 11, the World Health Organization (WHO) raised the pandemic alert level to Phase 6, their way of indicating a global pandemic is underway (although it should be noted the alert reflects the spread of the virus, not the severity of illness it is causing). In our country, the CDC is providing constantly updated guidance about appropriate precautions and work practices to minimize the spread of H1N1 flu. As always, continuing communication in the workplace is vital, whether through simple emails (at appropriate language/literacy levels) or more formal materials that encourage infection control practices.

**CDC** - [www.cdc.gov/h1n1flu/guidance/workplace.htm#prevention](http://www.cdc.gov/h1n1flu/guidance/workplace.htm#prevention)

**CDC Posters and Other Materials** - [www.cdc.gov/germstopper/materials.htm](http://www.cdc.gov/germstopper/materials.htm)

**How to Prevent Getting and Spreading Novel H1N1 Flu (CDC podcast; 2:12 running time)** -

<http://www2a.cdc.gov/podcasts/player.asp?f=11501>

### Protection from Tetanus

The bacterial toxin that causes tetanus usually enters the body through a puncture. It acts on the central nervous system, with the first symptoms often being muscle spasm in the jaw and stiff neck, hence the illness's old name of "lockjaw." Tetanus vaccination is an inactivated version of the toxin, which is why our immunity declines over time, and often combined as "Tdap" to also protect against diphtheria and pertussis (whooping cough). It is recommended for adults age 19-65 who have never received Tdap to receive a single dose. Then if a booster shot is needed, either because of a wound or for the recommended 10-year repeat vaccination, the 2-in1 "Td" (tetanus/diphtheria) is given.

**Medline Plus (Tetanus-Vaccine)** - [www.nlm.nih.gov/medlineplus/ency/article/002031.htm](http://www.nlm.nih.gov/medlineplus/ency/article/002031.htm)

**American College of Preventive Medicine (Adult Immunization)** - [www.acpm.org/adult.htm](http://www.acpm.org/adult.htm)

**Immunization Action Coalition (Vaccine Information)** - [www.vaccineinformation.org/tetanus/qandavax.asp](http://www.vaccineinformation.org/tetanus/qandavax.asp)

### Ergonomics in the Printing Industry

An OSHA e-tool offers information to printers on industry best practices to reduce work-related musculo-skeletal disorders. Even fairly simple ergonomic improvements can reduce sick days and injuries.

**OSHA** - [www.osha.gov/dcsp/products/etools/printing/](http://www.osha.gov/dcsp/products/etools/printing/)

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](http://www.public-health.uiowa.edu/worksafe)).