

A Health and Safety Bulletin from

UI HealthWorks and WORKSAFE IOWA

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Symposium to Feature Special Topics, Presenters

The 11th Annual Occupational Health Symposium of the Heartland Center for Occupational Health and Safety will be Wednesday-Friday, March 25-27, at the Sheraton Hotel in downtown Iowa City. IH CM points, CME credit, Nursing CEUs, and General CEUs will be available. Wednesday's pre-Symposium course on "Exposure Assessment Strategies" will be presented by Drs. Wayne Sanderson and Renee Anthony, industrial hygienists with the Heartland Center. Dr. Anthony, who has 10 years of experience as an industrial hygienist in the paper/pulp industry, describes the Symposium course as valuable to "anyone who measures exposures either in a workplace or community population. They'll understand and be able to apply analysis techniques to make better decisions with what are typically small data sets." Two of Thursday's topics—Process Safety Management and Small Business Safety & Health—will be presented by special guest speaker Bob Downs, Interim Director of the Midwest OSHA Education Center at Kirkwood Community College.

Occupational Health Symposium - www.public-health.uiowa.edu/heartland/ce/file.asp?ID=135

Plan Ahead to Update Your Spirometry Certification

Occupational and respiratory professional organizations, including NIOSH, recommend refresher courses to update spirometry technicians. The agency has devised a new training schedule for maintaining valid certification, depending on if you were

- 1) certified before January 2000 - You need to successfully repeat the full two-day spirometry course.
- 2) certified between January 1, 2000, and December 31, 2005 - You need to complete a refresher course (or can repeat the full course) before the end of 2010.
- 3) certified January 1, 2006 or later - Within 5 years of the date of your certification, you need to complete a refresher course (or can repeat the full course).

The Heartland Center for Occupational Health and Safety will offer the NIOSH-Approved Spirometry Training for Workers Screening Course (full course) in Iowa City three times in 2009 : April 29 & 30, July 30-31, and November 12-13. Enrollment in each session is limited. The Center will offer the refresher course in 2010.

Spirometry Screening Course (registration) - www.public-health.uiowa.edu/heartland/ce/courses.asp

Nutrition Month

March is the month to stress the importance of informed food choices and sound eating habits. Nutritional facts sheets, reading lists and other resources are available from the American Dietetic Association.

ADA (Eat Right) - www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_home.htm

Meanwhile grocery shoppers now have more information for their choices with the Hy-Vee chain's implementation of the Nu Val nutrition scoring system. Shelf tags indicate a food's score—between 1 and 100 (the higher the number, the more nutritious the food). Scores are based on an Overall Nutritional Quality Index (ONQI) developed by an independent group of nutrition and health experts who came together at Yale University. According to Hy-Vee staff, more than a dozen food categories have been scored; and more will be added until a majority of food items will be scored by 2010.

NuVal - www.columbustelegram.com/articles/2009/02/15/news/local/doc4997bb64cecb847901785.txt?orss=1

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).