Flu Vaccine—Plenty to Go Around

Last year, the availability of flu vaccines was affected by the emergence of swine flu that was both unexpected and not controllable by the vaccines that were being prepared. So not only did manufacturers have to quickly produce another vaccine but people who wanted more complete protection had to get 2 shots. This year's single vaccination will protect against swine flu and two other strains:

- A/California/7/200 (H1N1 - same strain that was used for 2009 vaccines)
- A/Perth/16/2009 (H3N2)-like virus
- B/Brisbane/60/2008-like antigens

And on December 5-11, a National Influenza Vaccination Week is being observed to highlight the importance of flu vaccination.

CDC (2010-2011 Season Influenza Vaccine Updates) - www.cdc.gov/flu/flu_vaccine_updates.htm
CDC (National Influenza Vaccination Week) - www.cdc.gov/flu/NIVW/index.htm

Revised OSHA Standard for Cranes and Derricks

December 22 is the effective date for the revised OSHA standard for cranes and derricks in the construction industry. Under the final rule, employers must not only assess hazards within the work zone (power lines, personnel within the equipment's swing radius), and ensure the equipment is in safe operating condition and operators trained to recognize hazards. They must also determine whether the ground can support the weight of equipment and associated loads.


BLS Data Show Further Decline of Workplace Injuries/Illnesses

The most recent national data (2009) from the Bureau of Labor Statistics again show a significant decline in the total recordable case (TRC) injury and illness incidence rate among private industry employers (from 3.9 in 2008 to 3.6 last year). The manufacturing industry sector reported the largest year-to-year decline in injuries and illnesses, falling by 23% from 2008 to 2009 and lowering the incidence rate to 4.3 cases per 100 workers. The construction industry sector reported a 22 percent decline from 2008 to 2009. Iowa, which operates its own state occupational safety and health program, has also published its 2009 data, with an incidence rate statistically greater than the national rate.


Safety Odds & Ends

An expert on "safety stuff" offers miscellaneous tips for this time of year, from padding rake handles for reduced stress on tendons to using fluorescent paint around your home. Your office environment needs attention as well, to prevent falls, cuts from sharp-edged equipment, strains from lifting, and other problems.

safetyXchange (5 Weird Off-the-job Safety Tips) - www.safetyxchange.org/health-safety/5-weird-off-the-job-safety-tips

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).