

Wellness @Work

Fall 2014

Exposure and Infection Control

Exposures to blood and other body fluids are a hazard in a wide variety of occupations. Health care, emergency response and public safety personnel, and other workers can be exposed through needle stick and other sharps injuries, mucous membrane, and skin exposures. The pathogens of primary concern are the human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV).

The reemergence of Ebola is a reminder to employers to review their policies and procedures to prevent the spread of infectious disease in their workplaces.

Hand hygiene is the essential components in decreasing the spread of infections.



Immunizations are also critical to preventing outbreaks of influenza, hepatitis, tetanus, and other controllable diseases. Eye protection and other personal protective equipment should be part of every contact with potentially infected people or environments.

Once an infection occurs, a **treatment plan** is critical in determining:

- ✓ Route of entry
- ✓ Physical properties
- ✓ Warnings
- ✓ Prevention requirements

An exposure prevention plan is an important part of understanding and controlling exposures and is required by the Occupational Safety and Health Administration (OSHA). The National Institute for Occupational Safety and Health (NIOSH) recommends that an exposure control plan include:



A written **policy** for protecting employees from exposures.

Documentation of the administration plan for the program.

A list of employee exposure **determinations** to help identify the likelihood of exposure.

Universal **precautions** for treating all potential infections.

Employee **education** and training information.

Facility-specific **methods** for control, including engineering controls, personal protective equipment, and work practice controls.

Post-exposure **reporting**, evaluation, counseling and follow-up procedures.

Procedures for evaluating circumstances surrounding an exposure incident.

Recordkeeping, including compliance monitoring and annual plan updates.

To help improve your plan and avoid common problems, NIOSH recommends you:

- ✓ Proactively inform workers of your plan and where it is located;
- ✓ Designate a person to be in charge of implementing the plan;
- ✓ Involve workers and solicit their input;
- ✓ Be specific about how you will implement controls; and,
- ✓ Clarify for workers how to help control risk of exposure.

You can rely on MED-1 to provide more information on preventing and treating infections in your work environment because we see your employees every day and know how important health and safety is to you.

For more information, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.

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Seasonal Flu Virus

Seasonal flu is a contagious respiratory illness caused by flu viruses. Flu season typically starts in the fall and peaks in January or February.

- ✓ Getting the flu vaccine is your best protection against the flu.
- ✓ Flu-related complications include pneumonia and dehydration.
- ✓ Illness from seasonal flu usually lasts one to two weeks.

How does seasonal flu spread?

Most experts believe flu germs are spread when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object contaminated with flu virus and then touching your mouth, eyes, or nose.

The symptoms come on suddenly, spread quickly, and may last several days including:

- ✓ fever/chills
- ✓ sore throat
- ✓ muscle aches
- ✓ fatigue
- ✓ cough
- ✓ headache
- ✓ runny or stuffy nose

Flu can also lead to pneumonia, and make existing medical conditions worse.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

How can I protect my employees from seasonal flu?

The flu vaccine is the best protection and can reduce the risk of contracting the flu by approximately 60%.

By offering on-site flu vaccinations, you can protect your employees and reduce absenteeism and loss of productivity for your company.

What can MED-1 do to help?

MED-1 is offering seasonal flu vaccine for our employer companies. This year's vaccine will include protection against **H1N1** as well as two other viruses—**H3N2** and **influenza B**.

MED-1 will administer flu vaccine immunizations at your company site for **\$26/injection and NO hourly fee** (10 or more injections).

To schedule a flu vaccine clinic, contact:
Debbie Parrish
Leonard & Breton
616.459.1562

Shanna Beltman
Holland
616.459.1576

MED-1 Wellness Services

Screenings

Height & Weight
Body Mass Index (BMI)
Body Composition
Blood Pressure
Cholesterol
Diabetes
Colo-rectal cancer
PSA

Specialized Programs

Health risk appraisals
Immunizations
Smoking cessation
Customized worksite programs
Drug free worksite
Special exams

Education

CPR/First Aid training
AED programs
Wellness coaching
Health fairs
Wellness education



Wellness at Work is a informational publication provided by

MED-1 Occupational Health System to facilitate health and wellness initiatives for employees.

For more information on any topics presented or to access additional copies of current or past issues, contact Tammie Milligan at 616.459.1570 or go to — www.med1services.com.