

Establishing a Student Occupational Health Club

1. Understanding the need
 - a. Health care costs rising
 - b. Companies cutting back on health care coverage
 - c. Safety, Health programs pay off!
 - d. People spend 45 (ave.) hrs. at work each week
 - e. Cost containment is necessary to stay in business
 - f. Average cost of NMS work injury: \$27k in direct costs only (indirect costs nearly 8 times more)
 - g. Work injuries cost society \$128 billion (annual ave.)
 - h. To cover the cost of a work \$500 accident, an employer will have to:
 - Bottle and sell 61,000 cans of pop
 - Deliver 20 truckloads of concrete cement
 - Bake and sell 235,000 donuts
2. Employer commitment to safety and health at work motivated by:
 - Work comp insurance premiums
 - Social responsibility for peoples' well being
 - Prevent fatalities
 - Prevent litigation
 - Hire and retain top hires
 - Compliance with federal mandates
 - Higher production and productivity
 - Optimal employee morale
 - Prevent trauma among workforce (due to accidents)
 - Maintain competitive edge in marketplace
 - Position company for winning bids
 - Reduce mod factor (ROI: insurance rebate)
 - Bottom line: increase profits
3. Determining the chiropractor's role
 - a. Proper structure
 - b. Optimal efficiency
4. Resources for Student Clubs
 - a. Int'l. Academy of Chiropractic Occupational Health Consultants (IACOHC, nonprofit chiro org, www.dc-occhealth-org.com) (507) 455-1025
 - b. American Chiropractic Association Council on Occupational Health (ACACOH, www.acacoh.com) (507) 455-1025
 - c. OSHA
 - d. DOT
 - e. Occupational Diplomate program (www.nwhealth.edu for T7+ students at discounted tuition) 800-888-4777 ext 269
 - f. NIOSH
 - g. Wellness Councils of American (www.welcoa.org) info on workplace wellness
5. Services Doctors of Chiropractic can provide to business and industry (include but not limited to):
 - Injury prevention services
 - Workplace wellness programs
 - Substance testing services
 - Ergonomic assessments and recommendations
 - Diagnosis, treatment and rehab
 - Education for workers, management
 - Stretching, Fitness, Exercise
6. Guest expert speakers
 - a. Contact ACACOH or IACOHC for speakers and suggestions
 - b. Local doctors involved in consulting to business and industry
 - c. Occ-nurses
 - d. Business owners, HR professionals
7. Spreading the word – PR for club
 - a. Extend invitation to all students to join club

- b. Communicate “occhealth” on your campus
- c. Email group/network
- d. Hold fun events!
- 8. Options for “Occ-docs” are limitless
 - a. Industrial/Factory companies
 - b. Long term care facilities
 - c. Schools
 - d. Medical facilities
 - e. Office settings (seated workers)
 - f. More!
- 9. Understand Steps for establishing a student club
 - a. Find an advisor
 - b. Establish club student (co)leadership
 - c. Necessary paperwork to register club
 - d. Location for club meetings
 - e. Funding
 - f. Days & times of meeting (monthly vs weekly)
 - g. Publicity and visibility for club
- 10. Ideas for Meetings
 - a. Speakers
 - i. Local Docs
 - ii. Professors
 - iii. Occupational Therapists or Nurses
 - iv. Business Owners, managers, HR reps
 - b. Provide snacks, lunch, etc
 - c. OccHealth “Starter” Manual from IACOHC (Elizabeth Auppl @ (507) 455-1025, learn about manual and student discount when ordered in quantities for club members)
 - d. Tours of local businesses by shadowing occupational chiropractor (need to know who? Call IACOHC)
 - e. Mock presentations & business proposals
 - f. Mini Powerlift presentation (possible by video and phone conferencing) Call IACOHC
 - g. Intro to DOT Physicals, Alcohol & Drug screenings (Call IACOHC)
 - h. Public speaking skills
 - i. Interpersonal professional skills and relationship building
 - j. Research occupational health topics

The above is for consideration in setting up a student chiropractic occupational health club on your campus.
Be sure to follow protocol at your college for formally establishing a student club.

A word of caution: student clubs of any type should be fun but also great learning places. Leading a club can be overwhelming to even the best student; a suggestion would be to participate in student clubs as a member and not necessarily as leader until you are in the later stages (last 2 years) of your chiropractic college career. (Do succession planning if possible in order to keep the student club alive and thriving.)

Additionally, shared leadership by having 2 co-leaders that can work together nicely can help spread the work.

Make it fun! Monthly meetings can be times of socializing while working on or sharing projects.

When inviting guest expert speakers to talk with your group, be sure to follow protocol of your college concerning guest speakers. They should do it free (unless it is for credit or continuing education credit).

Some colleges have special forms/paperwork that the club and speaker must complete prior the event.

Finally, remember that students may become members of the American Chiropractic Association’s Council on Occupational Health at no charge while enrolled in chiropractic college. Contact Elizabeth L. Auppl at (507) 455-1025 to join.