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eNEWS Bulletin

Dear Doctor of Chiropractic,

You are receiving this eNEWS as a benefit of your membership in the ACACOH. If your membership has lapsed you may receive future editions of e-News by renewing your membership. Please go to <http://www.acacoh.com/membership.htm> to download a membership application.

Every month there is lots of news on the occupational health world. We will send you updates frequently. If you have news that you would like to share with the membership of the ACACOH please send it to us so we can include it in our next e-News.

A new safe lifting law for health care workers just took effect in California. This is not the only state with such a law. However, it may be part of a trend. Will your state soon be mandating safe lifting training? Are you prepared to step in to this new business market? Learn more about this new law on this link: <http://www.ergoweb.com/news/detail.cfm?id=2588>. My personal experience in hospital worker training with PowerLift® has been great.

Sincerely,
Donald Brown, DC DACBOH
President, ACA Council on Occupational Health
Hdqtrrs: 930 Crestview LN, Owatonna MN, 55060

Research: **Physical workload and risk of low back pain in adolescence**

Conclusions Physical workload factors constitute a risk for LBP even in adolescents.

Occup Environ Med doi:10.1136/oemed-2011-100200
<http://oem.bmj.com/content/early/2011/11/21/oemed-2011-100200.short?rss=1>

Effectiveness of a Workplace Wellness Program for Maintaining Health and Promoting Healthy Behaviors: Clinically significant improvements occurred in those who were underweight, those with high systolic or diastolic blood pressure, high total cholesterol, high low-density lipoprotein, low high-density lipoprotein, high triglycerides, and high glucose. Among obese employee participants, significant improvements occurred in selected mental health and dietary variables. Among those who lowered their BMI, significant decrease occurred in fat intake, and significant increase resulted in weekly aerobic exercise and feelings of calmness and peace, happiness, ability to cope with stress, and more physical energy. *Journal of Occupational & Environmental Medicine*: July 2011 - Volume 53 - Issue 7 - p 782-787
doi: 10.1097/JOM.0b013e318220c2f4

The Impact of Workplace Risk Factors on Long-term Musculoskeletal Sickness Absence: A Registry-Based 5-Year Follow-Up From the Oslo Health Study: Objective: To determine the influence of work-related risk factors by gender on long-term sickness absence with musculoskeletal diagnoses.

Conclusions: Women exhibited a higher risk of sickness absence with musculoskeletal diagnoses, but the associations with job exposures were stronger for men. This should be addressed when occupational health services give advice on preventive measures. *Journal of Occupational & Environmental Medicine: December 2011 - Volume 53 - Issue 12 - p 1478–1482 doi: 10.1097/JOM.0b013e3182398dec*