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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.

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CALIFORNIA HOSPITALS REQUIRED TO PROVIDE INJURY PREVENTION TRAINING FOR LIFTING

A new safe lifting law for health care workers in California became effective January 2012. This is not the only state with such a law. However, it may be part of a trend. Will your state soon mandate safe lifting training for hospital workers in particular? DCs can become trained and ready to step into this new business arena by completing PowerLift Training® (initial training) and PowerLift Training® Long Term Care Facilities Training®. Learn more about this new law on this link: http://www.leginfo.ca.gov/pub/11-12/bill/asm/ab_1101-1150/ab_1136_bill_20111007_chaptered.html. PowerLift Training(R), an all materials (yes, including transferring patients) handling injury prevention training program really comes to play in addressing this need for lifting/safety training in hospitals and long term care (such as nursing homes) settings! My personal experience in hospital worker training with PowerLift® has been great. Contact Elizabeth L. Auppl at (507) 455-1025 for full details.

Submitted by:
Randy Wheeler, DC
Secretary, ACACOH Executive Committee

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

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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

Sincerely,

Donald Brown, DC DACBOH

President, ACA Council on Occupational Health

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