



IN GOOD HEALTH NEWSLETTER...



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October: Slips, Trips & Falls National Liver Awareness Month

Painful Cost of Slips, Trips, & Falls

- OSHA states that slips, trips, and falls cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.
- It is estimated that these injuries result in an average of 11 days away from work
- Fractures are the most serious consequences of falls, and occur in 5% of all people who fall.
- The most common fractures that occur from slip and fall accidents are fractures of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand;
- Incidence of falls goes up with each decade of life.
- Compensation & medical costs associated with employee slip/fall accidents is approximately \$70 billion annually (National Safety Council Injury Facts 2003 Edition)
- "The average cost from slip and falls is \$22,800 per accident,"(2006 Liberty Mutual Workplace Safety Index)
- 1 in 6 of all lost-time work injuries result from slips, trips and falls
- Over 60% of all elevated falls are from a height of less than 10 feet
- Every working day 5 people are hurt in workplace, slips, trips, and falls

Office Falls

- The leading types of disabling accidents that occur within the office are the result of falls, strains and overexertions, falling objects, striking against objects, and being caught in or between objects.
- Falls are the most common office accident, accounting for the greatest number of disabling injuries. The disabling injury rate of falls among office workers is 2 to 2.5 times higher than the rate for non-office employees.
- One of the most common causes of office falls is tripping over an open desk or file drawer.
- Bending while seated in an unstable chair and tripping over electrical cords or wires are other common hazards. Office falls are frequently caused by slipping on wet floors or using a chair or stack of boxes in place of a ladder. Loose carpeting, objects stored in halls or walkways, and inadequate lighting are other hazards that invite accidental falls.

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Did You Know?

The average American takes approximately 5900 steps a day. Walking is easy right? Apparently, it is not that easy. 50% of the WC claims for the ACMJIF were slips and falls.



Consequences of Slips, Trips, & Falls



Cost to the Employer

- Loss of productivity & business
- Increased industrial insurance premiums
- Costs associated with training replacement worker

Cost to the Employee

- Lost wages & out-of-pocket expenses
- Pain
- Temporary or permanent disability
- Reduced quality of life
- Depression



Typical Injury Sites

- Knee, ankle and/or foot
- Wrist &/or elbow
- Back &/or shoulder
- Hip
- Head



Injuries

- Sprains & Strains
- Bruises & Contusions
- Fractures
- Abrasions & Lacerations



Common Causes of Slips, Trips, & Falls

Environmental - causes are commonly recognized as culprits of slips, trips, and falls.

- Mounting & dismounting equipment
- Slippery, unstable, sloping, and uneven surfaces
- Weather conditions like rain, ice, snow, and mud
- Carrying objects
- Improper footwear
- Poor lighting and glare
- Pushing or pulling
- Climbing ladders
- Obstructed view
- Surfaces not well marked
- High volume and crowding
- Poor housekeeping, clutter, and disorganization

Personal factors are often overlooked, yet they can cause slips, trips, and falls too.

- Age
- Poor vision
- Use of prescribed medication that affects your awareness or balance
- Suffering from an illness or disability that impairs your stability or perception
- Hurrying / rushing

Other controllable factors include:

- Physical condition
- Emotional state
- Distractions
- Fatigue
- Poor nutrition
- Experience

How to Prevent Falls Due to Slips & Trips

Both slips and trips result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. This shows that good housekeeping, quality of walking surfaces (flooring), selection of proper footwear, and appropriate pace of walking are critical for preventing fall accidents.

Housekeeping

Good housekeeping is the first and the most important (fundamental) level of preventing falls due to slips and trips. It includes:

- cleaning all spills immediately
- marking spills and wet areas
- mopping or sweeping debris from floors
- removing obstacles from walkways and always keeping them free of clutter
- securing (tacking, taping, etc.) mats, rugs and carpets that do not lay flat
- always closing file cabinet or storage drawers
- covering cables that cross walkways
- keeping working areas and walkways well lit
- replacing used light bulbs and faulty switches

Without good housekeeping practices, any other preventive measures such as installation of sophisticated flooring, specialty footwear or training on techniques of walking and safe falling will never be fully effective.

Flooring

Changing or modifying walking surfaces is the next level of preventing slip and trips. Recoating or replacing floors, installing mats, pressure-sensitive abrasive strips or abrasive-filled paint-on coating and metal or synthetic decking can further improve safety and reduce risk of falling. However, it is critical to remember that high-tech flooring requires good housekeeping as much as any other flooring. In addition, resilient, non-slippery flooring prevents or reduces foot fatigue and contributes to slip prevention measures.

Footwear

In workplaces where floors may be oily or wet or where workers spend considerable time outdoors, prevention of fall accidents should focus on selecting proper footwear. Since there is no footwear with anti-slip properties for every condition, consultation with manufacturers' is highly recommended. Properly fitting footwear increases comfort and prevents fatigue which, in turn, improves safety for the employee.

What Can You do to Avoid Falling at Work?

You can reduce the risk of slipping on wet flooring by:

- taking your time and paying attention to where you are going
- adjusting your stride to a pace that is suitable for the walking surface and the tasks you are doing
- walking with the feet pointed slightly outward
- making wide turns at corners

You can reduce the risk of tripping by:

- keeping walking areas clear from clutter or obstructions
- keeping flooring in good condition
- always using installed light sources that provide sufficient light for your tasks
- using a flashlight if you enter a dark room where there is no light
- ensuring that things you are carrying or pushing do not prevent you from seeing any obstructions, spills, etc.

Control Individual Behavior

This condition is the toughest to control. It is human nature to let our guard down for two seconds and be distracted by random thoughts or doing multiple activities. Being in a hurry will result in walking too fast or running which increases the chances of a slip, trip or fall. Taking shortcuts, not watching where one is going, using a cell phone, carrying materials which obstructs the vision, wearing sunglasses in low-light areas, not using designated walkways and speed are common elements in many on-the-job injuries.



Applying Good Work Practices

The way a task is performed and the workstation environment it is performed in can influence the risk of injury and general work productivity. Good technique can make a job easy and safe to accomplish. Good work practices include

- Adjusting the drapes or blinds.
- Moving the monitor away from sources of glare or direct light.
- Tipping the monitor slightly downward.
- Using diffusers on overhead lighting.
- Placing an anti-glare filter on the screen.
- Clean the monitor screen on a regular basis
- Avoid cradling the telephone between the head and shoulder. Hold the phone with your hand, use the speaker phone, or a headset.
- Keep frequently used items like the telephone, reference materials, and pens/pencils within easy reach.
- Position the monitor and keyboard directly in front of the user.
- Move between different postures regularly.
- Apply task lighting as to your needs.
- Use the minimum force necessary to strike the keyboard/ten-key keys.
- Use the minimum force necessary to activate the hole punch and stapler.
- Vary your tasks to avoid a long period of one activity.
- Take mini-breaks to rest the eyes and muscles. A break does not have to be a stop of work duties. However, it should be a different style of physical activity such as changing from keyboarding to using the telephone or filing.
- Neutralize distracting noise by using ear plugs, playing soft music, or turning on a fan.
- Maintain a comfortable workplace temperature by using layers of clothing or a fan.

Arranging Your Workstation to Fit You

- Adjust the height of the chair's seat such that the thighs are horizontal while the feet are flat on the floor.
- Adjust the seat pan depth such that your back is supported by the chair back rest while the back of the knee is comfortable relative to the front of the seat.
- Adjust the back rest vertically so that it supports/fits the curvature of your lower back.
- With the arms at your sides and the elbow joint approximately 90 degrees, adjust the height/position of the chair armrests to support the forearms.
- Adjust the height of the keyboard such that the fingers rest on the keyboard home row when the arm is to the side, elbow at 90 degrees, and the wrist straight.
- Place the mouse, trackball, or special keypads, next to the keyboard tray. Keep the wrist in a neutral position with the arm and hand close to the body.
- Adjust the height of the monitor such that the top of the screen is at eye level. If bifocals/trifocals are used, place the monitor at a height that allows easy viewing without tipping the head back.
- Place reference documents on a document holder close to the screen and at the same distance from the eye.

Liver Diseases

Your liver is the largest organ inside your body. It helps your body digest food, store energy, and remove poisons. There are many kinds of liver diseases. Viruses cause some of them, like [hepatitis A](#), [hepatitis B](#), and [hepatitis C](#). Others can be the result of drugs, poisons or drinking too much alcohol. If the liver forms scar tissue because of an illness, it's called [cirrhosis](#). [Jaundice](#), or yellowing of the skin, can be one sign of liver

The liver is an organ about the size of a football that sits just under your rib cage on the right side of your abdomen. The liver is essential for digesting food and ridding your body of toxic substances. Liver disease can be inherited (genetic) or caused by a variety of factors that damage the liver, such as viruses and alcohol use. Obesity is also associated with liver damage. Over time, damage to the liver results in scarring (cirrhosis), which can lead to liver failure, a life-threatening condition.

Signs and symptoms of liver disease include:

- Skin and eyes that appear yellowish (jaundice)
- Abdominal pain and swelling
- Swelling in the legs and ankles
- Itchy skin
- Dark urine color
- Pale stool color, or bloody or tar-colored stool
- Chronic fatigue
- Nausea or vomiting
- Loss of appetite
- Tendency to bruise easily

When to see a doctor

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you. Seek immediate medical attention if you have abdominal pain that is so severe that you can't stay still.

Liver disease has many causes.

Infection

Parasites and viruses can infect the liver, causing inflammation and that reduces liver function. The viruses that cause liver damage can be spread through blood or semen, contaminated food or water, or close contact with a person who is infected. The most common types of liver infection are hepatitis viruses, including:

- Hepatitis A
- Hepatitis B
- Hepatitis C

Immune system abnormality

Diseases in which your immune system attacks certain parts of your body (autoimmune) can affect your liver.

Examples of autoimmune liver diseases include:

- Autoimmune hepatitis
- Primary biliary cirrhosis
- Primary sclerosing cholangitis

Genetics

An abnormal gene inherited from one or both of your parents can cause various substances to build up in your liver, resulting in liver damage. Genetic liver diseases include:

- Hemochromatosis
- Hyperoxaluria and oxalosis
- Wilson's disease

Additional, common causes of liver disease include:

- Chronic alcohol abuse
- Fat accumulating in the liver (nonalcoholic fatty liver disease)

Factors that may increase your risk of liver disease include:

- Heavy alcohol use
- Injecting drugs using shared needles
- Tattoos or body piercings
- Blood transfusion before 1992
- Exposure to other people's blood and body fluids
- Unprotected sex
- Exposure to certain chemicals or toxins
- Diabetes
- Obesity
- High levels of triglycerides in your blood

Complications of liver disease vary, depending on the cause of your liver problems. Untreated liver disease may progress to liver failure, a life-threatening condition.

You may be referred to a doctor who specializes in the liver (hepatologist).

Questions to ask your doctor

- What's the most likely cause of my symptoms?
- What kinds of tests do I need? Do these tests require any special preparation?
- Are my liver problems likely temporary or chronic?
- What treatments are available?
- Should I stop taking certain medications or supplements?
- Should I avoid alcohol?
- I have other health conditions. How can I best manage these conditions together?

In addition to the questions that you've prepared to ask your doctor, don't hesitate to ask other questions during your appointment.



Fatty Liver Disease

Symptoms of Fatty Liver Disease

You might have fatty liver disease and not realize it. There are often no symptoms at first. As time goes on, often years or even decades, you can get problems like:

- Feeling tired
- Loss of weight or appetite
- Weakness
- Nausea

Confusion, poor judgment, or trouble concentrating

You might have some other symptoms, too. Your liver may get larger. You could have a pain in the center or right upper part of your belly. And the skin on your neck or under your arms may have dark, colored patches.

If you have alcoholic liver disease, you may notice that the symptoms get worse after a period of heavy drinking.

Diagnosis of Fatty Liver Disease

You might find out that you have the disease when you get a routine checkup. Your doctor might notice that your liver is a little larger than usual.

Other ways your doctor might spot the disease are:

Blood tests. A high number of certain enzymes could mean you've got fatty liver.

Ultrasound. It uses soundwaves to get a picture of your liver. The doctor may also ask for an MRI or cat-scan to get additional images of your liver.

Biopsy. After numbing the area, your doctor puts a needle through your skin and takes out a tiny piece of liver. He looks at it under a microscope for signs of fat, [inflammation](#), and damaged liver cells.

Treatment of Fatty Liver Disease

There is no specific treatment. But you can improve your condition by managing your diabetes, if you have it. If you have alcoholic liver disease and you are a heavy drinker, quitting is the most important thing you can do. Talk to your doctor about how to get help. If you don't stop you could get complications like alcoholic hepatitis or cirrhosis.

Even if you have nonalcoholic fatty liver disease, it can help to avoid drinking. If you are overweight or obese, do what you can to gradually lose weight -- no more than 1 or 2 pounds a week.

Eat a balanced and healthy diet and get regular exercise. Limit high-carb foods such as bread, grits, rice, potatoes, and corn. And cut down on drinks with lots of sugar like sports drinks and juice.

Liver Health & Wellness



Limit the Amount of Alcohol You Drink

Alcohol can damage or destroy liver cells. Liver damage can lead to the build up of fat in your liver (fatty liver), inflammation or swelling of your liver (alcoholic hepatitis), and/or scarring of your liver (cirrhosis). For people with liver disease, even a small amount of alcohol can make the disease worse. Talk to your doctor about what amount of alcohol is right for you.

Manage Your Medications

When medicines are taken incorrectly – by taking too much or the wrong type or by mixing – the liver can be harmed.

- Learn about medicines and how they can affect the liver
- Follow dosing instructions
- Talk to a doctor or pharmacist often about the medicines you are taking

Healthy Lifestyle

Eating a healthy diet and exercising regularly help the liver to work well. Eating an unhealthy diet can lead to liver disease. For example, a person who eats a lot of fatty foods is at higher risk of being overweight and having non-alcoholic fatty liver disease.

- Eat foods from all the food groups: grains, protein, dairy, fruits, vegetables, and fats
- Eat foods that have a lot of fiber such as fresh fruits and vegetables, whole grain breads, rice and cereals

Avoid Breathing in or Touching Toxins

Toxins can injure liver cells.

- Limit direct contact with toxins from cleaning and aerosol products, insecticides, chemicals, and additives in cigarettes
- Do not smoke

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Quick and Easy Chicken Chili

Ingredients

10 oz chicken breast, boneless/
skinless
1tbsp chili powder
1tbsp ground cumin
28 oz crushed, canned tomatoes
15 oz beans, kidney, canned
4.5 oz chili peppers, green, diced,
canned
1cup corn, frozen

Instructions

- 1 Heat a medium saucepan over medium-high heat and spray with cooking spray.
- 2 Saute chicken pieces for 3 minutes or until white. Stir in chili powder and cumin to coat chicken. Saute for 3-4 minutes.
- 3 Add the rest of the ingredients and heat thoroughly. Let it simmer for 25 minutes.
- 4 Serve with chopped green chili pepper on the top.

Makes 4 servings



Calories - 267

Fat - 10g

Carbohydrates - 7g

Protein - 37g