



Occupational & Environmental Medicine

Occupational & Environmental Medicine Newsletter



MARCH 2014

Ergonomic Consulting and Injury Prevention in Your Workplace

Our staff can help minimize common workplace injuries.

Ergonomic consulting may include:

1. Assessment of workstations, computers, desks, chairs
2. Recommendations for equipment (e.g. chairs, work station features, computer accessories)
3. Job methods/processes recommendations
4. Assistance in workplace design or remodeling plans

Injury prevention classes include:

1. Groups of 20-25 employees
2. Focus on safe lifting and safe performance of repetitive tasks
3. Anatomy of the back, wrist, forearm
4. Prevention of injuries through posture and body mechanics

Call Kirk Hyatt at 952-541-2619 for more information.

OSHA Record Ability Explained

One of the ways our customers measure our effectiveness is how much we help minimize their OSHA-recordable work injuries. Our doctors have some influence over this, but there are other factors as well.

Work Injuries & OSHA Record Ability

Employers must keep records of work-related fatalities, injuries, and illnesses and report these on the Occupational Safety and Health Administration (OSHA) 300 Log per OSHA Standard 1904. A fatality, injury, or illness is recordable if it is work-related, a new case and meets reporting criteria or is a specific case (see definition of specific cases below).

When is a fatality, injury, or illness considered work-related?

A fatality, injury, or illness is considered work-related if an event or exposure in the work environment either caused or contributed to the resulting condition or significantly aggravated a pre-existing injury or illness. OSHA defines the work environment as "the establishment and other locations where one or more employees are working or are present as a condition of their employment. The work environment includes not only physical locations, but also the equipment or materials used by the employee during the course of his or her work."

What is considered a new case?

An injury or illness is a new case if the employee has not previously experienced a recorded injury or illness of the same type that affects the same part of the body, or, the employee previously experienced a recorded injury or illness of the same type that affected the same part of the body but had recovered completely (all signs and symptoms had disappeared) and an event or exposure in the work environment caused the signs or symptoms to reappear.

What are the reporting criteria?

An injury or illness is recordable if it results in one or more of the following: death, days away from work, restricted work or transfer to another job, medical treatment beyond first aid, loss of consciousness.

A significant injury or illness diagnosed by a physician or other licensed health care professional that does not meet the above criteria is also recordable.

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What specific cases are recordable?

1. Needlestick injuries and cuts from sharp objects that are contaminated with another person's blood or other potentially infectious material (Note: the employee's name should not be listed on the OSHA 300 Log to protect his/her privacy)
2. When an employee is medically removed under the medical surveillance requirements of an OSHA standard (e.g. lead)
3. When an employee experiences a work-related Standard Threshold Shift (STS) in hearing in one or both ears, and the employee's total hearing level is 25 decibels or more above audiometric zero in the same ear(s) as the STS
4. When an employee develops tuberculosis infection after being occupationally exposed to a known case of active tuberculosis

Our providers try to minimize the recordability of an injury through the use of first aid, non prescription-level doses of over the counter medications, etc.

Reference: OSHA Standard 1904: Recording and Reporting Occupational Injuries and Illness.

Did You Know?

Surveys indicate that many overseas business travelers do not see a physician before they travel and an alarming number of travelers to malaria-endemic regions don't take prevention medications. To help address this unmanaged risk, HealthPartners Occupational Medicine will facilitate access to our two fully-staffed Travel Medicine Clinics, West Clinic and the Specialty Center. Both can assist with immunizations including Yellow Fever, as well as medical counseling, prescriptions and MD clearance exams.

Occupational Medicine & Urgent Care Locations

HealthPartners Riverside Clinic

Occupational Medicine
2220 Riverside Avenue South
Minneapolis, MN 55454
952-883-6999 Opt. 1
612-341-5131 (fax)

HealthPartners St. Paul Clinic

Occupational Medicine
205 S. Wabasha St.
St. Paul, MN 55107
952-883-6999 Opt. 2
651-293-8183 (fax)

HealthPartners West Clinic

Occupational Medicine
5100 Gamble Drive, Suite 100
St. Louis Park, MN 55416
952-883-6999 Opt. 3
952-541-2626 (fax)

HealthPartners Arden Hills Clinic

Temporarily closed
3930 Northwoods Dr
Arden Hills, MN 55112
952-883-6999 Opt. 4

RiverWay Anoka Clinic

Part of the HealthPartners Family of Care
601 Jacob Lane
Anoka, MN 55303
952-883-6999 Opt. 5

