



Dull Jobs Can Kill You! - study says (University College London Medical School)

Dull, steady, unexciting jobs may make the heart beat in an unchanging, rapid rhythm — which in turn could lead to heart disease, British researchers reported. They found that men with “low-grade jobs,” meaning they had little control over daily tasks, and men in low social positions had faster and less-variable heart rates.

“This finding helps explain why men with low-paying jobs and less education have a higher risk for heart disease, a trend that has been evident for the last 30 years,” said Dr. Harry Hemingway, of University College London Medical School, who led the study. “The heart doesn’t, or shouldn’t, beat like a metronome,” Hemingway said in a statement. A healthy heart rate varies, he said. His team studied 2,197 men aged 45 to 68 who worked for the British government, and talked to them about friends and family, education and lifestyle. Job control was rated on a 15-item scale. Steadier, faster heart rates were consistently seen in the men with lower social positions, less job control and higher depression.

Writing in the journal *Circulation*, Hemingway and colleagues said they found that heart rates of men in low-level positions were an average 3.2 beats per minute faster than men in top-level positions. “Arteries behave as if they know how much a person makes and how much education they have had,” Hemingway said. The effect was clear even after taking into account factors such as smoking, poor diet and lack of exercise — all of which also can adversely affect heart rate, Hemingway said. It may be possible to help prevent heart disease by changing workplace conditions, Hemingway said.

“We hope this information provides insight into the mechanisms at work so that there is a possibility for interventions that will change this outcome,” he said.

2005 Dates:

January:

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February:

Child Passenger Safety Week

March:

Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
Intl Building Safety Week
Work Zone Aware. Week
Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
National EMS Week
Poison Prevention Week

June:

National Safety Month

July:

EYE INJURY PREV. MONTH

August:

Prepare Your Winter Safety Training!

September:

Farm Safety/Health Week

October:

Nat. Fire Prevention Week
Drive Safely Work Week
Radon Action Week

November:

Take advantage of the weather and do your classroom training!

December:

“3D Month” - National Drunk & Drugged Driving Prevention Month

Protecting Workers From Mold

If you are concerned about your employees being exposed to mold through maintenance and remediation (removal) work, there are now some training guidelines for you to follow to protect them. In the absence of federal regulations and with the population of mold-exposed workers growing, the National Institute of Environmental Health Sciences (NIEHS) developed a set of training guidelines.

The ***Guideline for the Protection and Training of Workers Engaged in Maintenance and Remediation Work Associated with Mold*** (downloadable at <http://www.nmhc.org/Content/ServeFile.cfm?FileID=4702>) is the product of two NIEHS-sponsored workshops aimed at developing experience-based guidelines for protecting and training mold hazard assessors, mold remediation workers, and workers exposed to mold in the course of building maintenance. NIEHS notes that the guidance will need to be revised and approved as the understanding of mold issues grows.

Professionals developing training based on this guidance are urged by NIEHS to follow basic principles that include:

- Fungal damage in buildings needs to be removed and the underlying cause fixed.
- Based on existing data, it is not feasible to set an airborne exposure limit for mold as is done with other airborne contaminants.
- Respiratory protection and training should be provided. NIOSH-approved N-95 disposable respirators should be the minimum level of respiratory protection provided.
- Personal protection should be based on specific tasks that increase mold exposure, not on measured exposure levels.
- Adult education principles are critical in the design of any training for workers.
- Training courses should be designed for workers who have no mold background nor current asbestos or lead certification.
- Removing mold from heating, ventilation, and air conditioning (HVAC) systems is beyond the scope of a basic mold remediation course. Workers who engage in that work should take a separate course in HVAC work. However, general knowledge of HVAC operations should be included in a basic course.
- There exists a gradation in mold exposure potential across work categories defined by project size, work practice, and duration variables.

NIEHS cautions that these guidelines are not intended as a precursor to government regulations on mold. Regulations are not forthcoming because dose-response and health-effects data for any regulatory effort will not be available in the foreseeable future.

Enter "mold", "mold removal" or "mold remediation" in your web browser for additional information and resources.



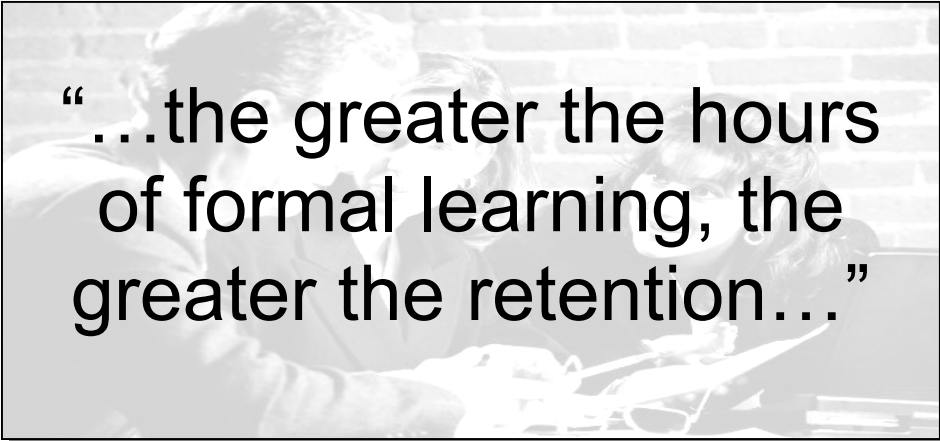
Training Programs Have A High Yield

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(American Society of Training and Development)

(Think "safety" training programs!) Companies that invest in employee learning have higher productivity, revenue growth, and profit growth than companies that do not, according to a study conducted by the American Society of Training and Development (ASTD). At an educational session of the Society's 2005 International Conference and Expo, Brenda Sugrue, PhD, CPT, the senior director of research at ASTD, and Ray Rivera, a research analyst at ASTD, detailed the relationship between building human capital and an organization's growth and financial success. Value in the session, entitled "The Value of Learning: What the Research Shows," was defined as retention and employee satisfaction, as well as business unit initiative (impact) and program success (return on investment). Employee satisfaction with opportunities for learning and development is one of the most important predictors of whether an employee will stay with his or her current employer, the speakers said.

The session profiled research conducted by ASTD to show that learning and skill development is critical to organizational productivity, growth, innovation, and competitiveness. Learning, in the research conducted, needed to occur as a separate and stand-alone activity that was not embedded in work activities. The ASTD research found that, the greater the hours of formal learning, the greater the retention. This, in turn, is a fundamental determinant of customer satisfaction, sales per employee, and market capitalization within an organization. In terms of recruitment, training is one of the top three things people consider when deciding where they want to work. In Sunday's keynote address, Robert E. Knowling, Jr., considered one of the nation's business leader role models, focused on "Transformational Leadership in the Midst of Change."

Knowling, known for his work as lead architect of the Ameritech transformation, US West (now QWEST), the YMCA, and the New York City Public School System, talked about the importance of considering the types of leaders within your organization and how you will build and support those leaders. In his theory about building transformational leadership in a time of change, he says that choosing the best leaders and supporting them in the best way possible is inherent to the success of any organization.



“...the greater the hours of formal learning, the greater the retention...”

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It's Good To Know:

Getting in/out of a vehicle

Use the "3-point contact" method (two hands and one foot, or, two feet and one hand) as the safe way to mount and dismount from delivery or other commercial vehicles.



It's Good To Know:

First time in the USA!

XVIIth World Congress on Safety and Health at Work
September 18 - 22, 2005 - Orlando, Florida

Contact:

safety2005@nsc.org
www.safety2005.org
www.nsc.org

It's Good To Know:

School Transportation Safety Training

The 22nd Annual Illinois Joint Conference For Pupil Transportation

June 21, 22 & 23, 2005
Holiday Inn Select
Tinley Park, IL

Email: iapt@Comcast.net
For more information.