


 CSC

Hanford Occupational Health Services

Inside Out

CSC Occupational Health Presenting at ISM Champions Workshop

This month DOE is hosting the [ISM Champions Workshop](#) (conference registration is required) at the Three Rivers Convention Center on September 12th-15th. As a part of the 4-day event, CSC Health Education will be providing two presentations as a part of the conference Wellness Track. If you are attending the conference, please join us on Wednesday, September 14th from 2:45-4:15pm in Meeting Room E to learn how employee health can impact safety, and how to create a worksite culture to support employee health.

Presentation #1

“Obesity and Worker Safety”

Presented by: Shannon Haselhuhn, MS, Health Education Coordinator

Description: Personal health plays a key role in keeping employees productive, safe, injury-free, and economical to the employer. The number one health challenge that we face on the Hanford Site is poor weight management, with 84% of the workforce either overweight or obese. In this presentation, we will look at the epidemiological health analysis of the Hanford worker, discuss why it is important to address obesity and related conditions at the worksite, describe the interventions that have demonstrated success at Hanford, and provide recommendations for future direction.

Presentation #2

“Culture and Employee Health: Front Lines to the Corner Office”

Presented by: Kelly Hamish, MCHES, Health Education Specialist

Description: The benefits to the employer and the employee in establishing and maintaining a culture of health in the workplace go beyond financial savings. Healthy employees tend to be happier at home and at work, be more productive, and have a higher quality of life. This presentation will illustrate why the workplace is an ideal venue to build a culture of health, how culture influences behavior, the balance between personal responsibility and employer supports, and provide strategies for creating a culture of health for employees of all levels, from leadership to front line employees.

In addition to these presentations, we also have poster presentations to spotlight our wellness programs and analyzing BMI in relation to musculoskeletal injuries.

“Hanford Worksite Wellness Programs”

Worksite wellness programs are an important part of maintaining a healthy workforce. This poster will describe our successful worksite wellness programs provided to DOE Hanford and its contractors includ-

ing health coaching, weight management, worksite health fairs, work conditioning and fitness assessments. Through worksite visits, contractor interface and emerging issues (i.e. obesity, tobacco use, aging workforce), our services have been designed to address the needs of the workforce. You will also see how our web-based programs demonstrate creative ways for thousands of employees to learn about, and participate in, health promotion programs.

“BMI and Musculoskeletal Injuries”

This presentation will look at the time period of 2008-2010 and investigate trends among injuries, showing patterns in injury type as well as the body parts most likely to be injured. We will show contributing factors that are related to these injuries, such as occupation and obesity, and will also look more specifically at those workers enrolled in the Human Reliability Program, such as Hanford Patrol, to see if their injury patterns differ from the general Hanford site worker population. This information will provide safety professionals the evidence base needed to focus injury prevention programs in their workplaces.

FLU SHOTS—Hanford Worksite Flu Clinics October 12-November 1, 2011

For more information: [Visit our website](#) / Flu Clinic Hotline: 376-1000 / FLUH@rl.gov



WATCH FOR UPCOMING EVENTS:

September

[Site Health Fairs \(8th\)](#)
[Workfit Leader Training \(9th\)](#)
[Weight Loss Convoy \(Ongoing\)](#)
[Tobacco Cessation \(Ongoing\)](#)

October

[Site-wide Preventive Health Challenge \(starts 3rd\)](#)
[Workfit Leader Training \(9th\)](#)
[CSC Seasonal Flu Clinics \(start 12th\)](#)
[Site Health Fairs \(13th\)](#)
[Weight Loss Convoy \(Ongoing\)](#)
[Tobacco Cessation \(ends 24th\)](#)



Select a link or visit our website: www.hanford.gov/amh

Beryllium Case Manager Earns National Credential

Congratulations to Dan Warren on obtaining his Certified Case Manager (CCM) credential! Dan is our Beryllium Case Manager at CSC Hanford Occupational Health Services, helping to navigate employees through the Beryllium Medical Monitoring and Voluntary Beryllium Programs. As the first nationally recognized accredited case manager credential, case managers who have earned the CCM credential have the expertise, knowledge, and professional experience to provide the right services to patients with serious or complex medical conditions. Dan's role includes communication with personal care providers, helping coordinate travel plans for testing, and communicating with employees regarding work restrictions, clearances, and other patient education. He says his favorite aspect of case management is "the person to person interaction, helping people control their own healthcare experience and being their advocate from start to finish so they get the best care possible." For more information on [Beryllium Case Management](#), call 376-6000.



Healthy by Choice, Not by Chance

Coronary Health Improvement Project

CHIP

Attend a FREE 1-hour Information Session:

Tuesday, September 6 | 6:30 to 7:30 pm

Richland Seventh Day Adventist Church
1807 McMurray Avenue • Richland

or

Thursday, September 8 | 6:30 to 7:30 pm

Kadlec CardioPulmonary Rehab
550 Gage Boulevard • Richland

- Lose Weight
- Lower Blood Pressure
- Reduce Cancer Risk
- Reduce Risk of Heart Disease
- Lower Cholesterol
- Change Your Lifestyle

presented by

KADLEC



Certified CHIP Facilitator
Dr. Eric W. Shadle, MD
& Pastor, Richland Seventh-
Day Adventist Church

call 627-6258
for more information

www.chiphealth.com



COOKING CLASS FOR DIABETES PREVENTION AND TREATMENT

September 27, 2011

Time: 2:00-4:00pm

Location: WSU Tri-Cities, CIC
Room 120

Hosted by: CSC Health Education

Instructor: Nancy Lyons, RN, MN

RSVP Required: 373-3729

SPACE IS LIMITED

Click [HERE](#) for more information



Invite us to be a guest at your next work group meeting.

September Featured Presentation: "COLD AND FLU PREVENTION"

By Shannon Haselhuhn or Kelly Harnish Email: AHEW@rl.gov Phone: 376-3939

Risk Communication Training Still Available



The popular four-hour training course in Risk Communication—prompted by the Beryllium Corrective Action Plan and required by many contractors for PIC's, planners, line supervisors and certain management—will continue to be offered quarterly at HAMMER, led by Dr. Sandy Rock and Regina Lundgren. Risk Communication is defined as a research-based approach for communicating effectively in complex and controversial situations. This introduction provides essential, effective and Hanford-relevant principles and tips for resolving issues about hazards and risks at the Site. Emphasis is placed on the perception of risk and how divergent worldviews and perceptions can and should not interfere with consensus development. **Doctor Rock will be giving a presentation on this training at the ISM Champions Workshop at Three Rivers Convention Center on September 15 at 11:00 A.M**

The next session will be held on October 25, 2011, 12:30-4:30 P.M. Contact your training manager for registration or call/email Dr. Sandy Rock at 372-0407/sandy_rock@rl.gov

Click here for: [Healthy Recipes](#)