

positivity

The ActiveOne Wellness Journal

OVERTIME AND EXTENDED WORK SHIFTS: EFFECTS ON HEALTH AND WELL-BEING

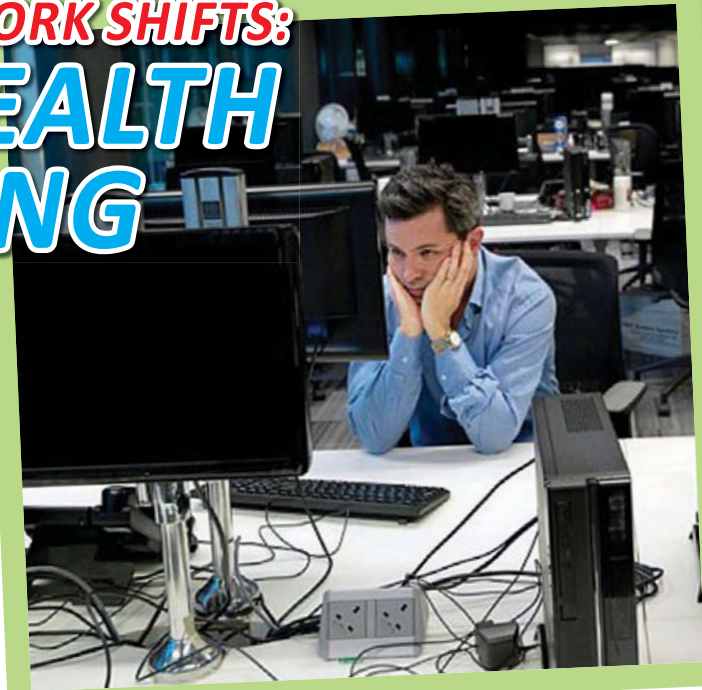
Some people choose to work for 10 to 12 hours daily or more than 40 to 60 hours a week because of the satisfaction they obtain from their jobs, or to support themselves and their families. This consequently translates to professional advancement and increased monetary compensation. Extended work shifts may be good for a person's financial security but it may be bad for one's health. And the expression, "working overtime is killing me" may not be only figurative, but factual as well.

Several research studies reveal that long working hours adversely affect the health and well-being of workers. Overtime and extended work schedules have been associated with an increased risk of hypertension, cardiovascular disease, fatigue, stress, depression, musculoskeletal disorders, chronic infections, diabetes, general health complaints, and all-cause mortality.

In separate studies conducted by the National Institute of Occupational Safety and Health (NIOSH), overtime was also linked to unhealthy weight gain and increased alcohol consumption and smoking. In 12-hour shifts combined with more than 40 hours of work per week, there was an increase health complaints, deterioration in performance, or slower pace of work among the employees.

Injuries and illnesses caused by too much work can be prevented. Some strategies to achieve this can include changes in scheduling practices, job redesign, and health promotion programs, especially for people whose work involve overtime and extended hours. In addition, more days of vacation can help workers rest and this lessens the impact of overtime. As English philosopher Bertrand Russell said, "If I were a medical man, I should prescribe a holiday to any patient who considers work important."

Companies can undertake certain initiatives to reduce the potential adverse effects of long work hours. These include



the following: (Langan-Fox, Cooper, Kilmonski, 2007)

- Encourage governments to regulate the length of work schedule
- Increase worker control of work hours
- Utilize ergonomic job design
- Increase worker training
- Develop capable supervision
- Establish a workplace culture that promotes health and safety
- Employ more people working fewer hours

In the end, an organization's best asset is its people, and it is rewarding to promote work-life balance, and invest time, effort and resources on the health and well-being of employees. And with satisfied, happy and loyal workers, economic progress cannot be far behind.

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Letter from the President and COO

- 2 • Letter from the President and COO
- 3 • Disease-Proof Yourself this Summer
- 4 • Heat Stress: Awareness and Prevention
- 5 • Health Effects of Noise at Work
- 6 • Looking Through the Bionic Eye
- 7 • Climate Change and Its Impact on Health and Safety
- 8 • Work and Heart Disease
- 9 • Fire Safety and Prevention at the Workplace
- 10 • ActiveOne held 1st Medical Summit: Primary Care in the Workplace and 2013 Christmas Party

Editorial board:

Tony S. Castillo
E. Martin Mills
Carlo M. Saul, MD, RPh
Bryant V. Sanchez, RN, MAN

Contributors:

Glecy Gamboa
Connie Luayon

ActiveOne Health, Inc.

Unit 703 7th Floor SEDCCO I Building
Rada corner Legazpi Streets
Legaspi Village Makati City 1229 Philippines

Tel: (+632) 893.2925 / 817.7372

(+632) 856.7939 to 40

www.activeonehealth.com

Dear Valued Partners,

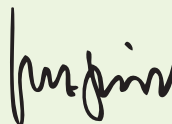
As we welcome you to the latest issue of our health and wellness journal, we also welcome the blazing heat that the summer season brings. Summertime has truly arrived so before you and your families hit the beach and have sun-kissed skin, here are some summer-related articles which will surely help you get through this hot season: awareness and prevention on heat stress and the impact of climate change on health and safety.

Aside from the fun and excitement this season brings, along with it are also some conditions that can affect you and your family. We will share with you these summer-related diseases and the best ways to prevent them.

This issue will also provide you vital information on the effects of overtime and extended work shifts on health and well-being, health effects of noise at work as well as discussions on work and heart disease. Medical breakthrough regarding the bionic eye will also be tackled as well as must-knows tips to prevent fire from home and workplace.

Finally, we share with you highlights from our 1st Medical Summit for our nurses and doctors and our 2013 Partnership Dinner Party. Truly it was the best way to cap off a great year and to welcome a new one.

Let us all have a fun and healthy summer ahead!



Tony S. Castillo
President and COO
ActiveOne Health, Inc.

DISEASE-PROOF YOURSELF THIS SUMMER

two doses—the first dose at 12 through 15 months of age and the second dose before entering school at 4 through 6 years of age.

All adults who have never had chickenpox or received the vaccination should be vaccinated against it. Two doses of the vaccine should be given at least four weeks apart. If you've never had chickenpox or been vaccinated and you are exposed to chickenpox, being vaccinated right away will greatly reduce your risk of getting sick.

Although chickenpox vaccine is very effective, precautions have to be taken because some people like pregnant women and those who have an allergic reaction to gelatin, the antibiotic neomycin, or a previous dose of chickenpox vaccine should not be vaccinated. Common side effects from the chickenpox vaccine include swelling, soreness, or redness at the site of the injection. A few people may also develop a mild rash or a low-grade fever after vaccination.

Apart from the chickenpox vaccine, the MMR vaccine (measles, mumps, rubella vaccine), which is a “3-in-1” vaccine, protects against these serious diseases that can be life-threatening. The vaccine contains live but very weak viruses of measles, mumps and rubella.

According to the CDC, it is important (especially for children) to be fully vaccinated because measles, mumps, rubella, and varicella are all potentially serious diseases. Adults 18 years old or who were born after 1956 should get at least one dose (shot) of the MMR vaccine if:

- They have never received an MMR shot
- They are not sure whether or when they received an MMR shot
- They have never had any of the three diseases

Women who can become pregnant and who have not had the MMR vaccine in the past should have a blood test to see if they are protected (immune). If they are not immune, they should receive the MMR vaccine. Women should not receive this vaccine if they are pregnant or planning to become pregnant within the next 4 weeks. The vaccine may harm the baby.

Measles causes rash, cough, runny nose, eye irritation, and fever. Complications can include ear infection, pneumonia, seizures (jerking or staring), brain damage, and death.

Mumps causes fever, headache, and swollen glands. Complications can include deafness, meningitis (infection of the brain and spinal cord covering), painful swelling of the testicles or ovaries, and, rarely, death.

Rubella causes rash, mild fever, and arthritis (mostly in women). If a woman gets rubella while she is pregnant, she could have a miscarriage or her baby could be born with serious birth defects.

Varicella (chickenpox) causes rash, itching, fever, and tiredness. Complications can include severe skin infection, scars, pneumonia, brain damage, or death.

As it is often said, “An ounce of prevention is better than a pound of cure.” Protect yourself and your loved ones from these viral diseases and enjoy your much-deserved summer holiday with your family, relatives and friends. Stay safe and healthy.

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After being immersed in work for several months, everyone deserves a break away from stressful deadlines in the office. And summer is usually the best time for that much-awaited vacation with family, relatives and friends. Apart from fun and adventure during this season, people need to be prepared for a hot and humid summer, which actually favors the transmission of chicken pox and measles viruses.

To avoid or minimize the chances of getting infected with viruses, it is important to boost one's immune system by eating a healthy, balanced diet, having enough sleep, rest and exercise. Taking Vitamin C and multivitamins can also be very helpful. And of course, one of the best ways to protect yourself and your children or adult relatives is to be vaccinated.

Chickenpox is a common illness caused by the varicella-zoster virus, a member of the herpes virus family. Its symptoms include fever and itchy spots or blisters all over the body. A person could get chickenpox from touching the fluids from a chickenpox blister, or if someone with the disease coughs or sneezes near you. Someone who has chickenpox is contagious 1 to 2 days before his blisters appear and remains contagious until all the blisters have crusted over.

Chickenpox is usually mild and lasts for about 5 to 10 days, but it can cause more serious problems when teens and adults get it. People with weakened immune systems are especially susceptible to developing serious complications from chickenpox such as skin infections, pneumonia, encephalitis (swelling in the brain), joint inflammation.

The best way to prevent this viral disease is to have a chickenpox vaccine. It is made from a live, weakened form of the varicella virus, which means the virus is able to produce immunity in the body without causing illnesses. It is very effective - between 70% and 90% of people who get vaccinated become completely immune to chickenpox.

And in cases when the vaccinated person gets infected with the virus, its symptoms are very mild and last only for a few days. Clinical studies have shown that vaccination is 90% effective in preventing illness when it is done within three days of exposure to the virus; and it is 70% effective when vaccination is within five days. The Centers for Disease Control and Prevention (CDC) recommends that children get

HEAT STRESS: Awareness and Prevention

Excessive heat exposure can cause illnesses and can result in death sometimes. According to the Centers for Disease Control and Prevention (CDC), from the years 1979-2003, there were 8,015 people who died from extreme heat in the United States. During this period, more deaths were recorded due to excessive heat exposure than from hurricanes, lightning, tornadoes, floods and earthquakes combined. But these health hazards can be prevented by being informed about heat stress and how it affects their health and safety, and by taking the necessary precautionary measures.

Heat-related illnesses occur when bodies are not able to cool themselves properly. A person normally cools himself by sweating. But under certain conditions, sweating isn't enough and when this happens, the body temperature rises quickly. And very high temperatures may severely damage the brain or other vital organs. To keep the body temperature normal, water intake must be equal to the water lost through perspiration.

When a person works in a hot environment, the body's cooling system is under stress. The National Institute for Occupational Safety and Health (NIOSH) states that when heat is combined with other stresses-like hard physical work, loss of fluids, or fatigue, or some pre-existing medical conditions-it may lead to heat-related illness, disability, or even death. The NIOSH further says that other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use. However, even young and healthy individuals can get heat stress if they do some strenuous physical activities during hot weather.

Heat cramps usually occur in workers who sweat heavily during strenuous activities. And this can lead to low salt levels in muscles, causing painful cramps in the abdomen, arms or legs. To relieve pain, move to a cool place at once; loosen clothing and drink lightly salted water or sports beverage. Seek medical attention if the person has heart problems, or on a low-salt diet or when the cramps persist after an hour.

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Inadequate water and salt in the body can cause its cooling system to break down, and result in heat exhaustion. According to the CDC, symptoms include heavy sweating, cool, moist skin, body temperature over 38 degrees, weak pulse, and normal or low blood pressure, fast and shallow breathing. The victim is likely to be very thirsty, tired, weak, clumsy, upset, or confused.

The CDC states that heat stroke can cause death or permanent disability if emergency treatment is not given. Sweating stops when the body uses up all its water and salt, resulting in a rapid increase in temperature, which reaches over 106F or higher within 10-15 minutes. Symptoms of heat stroke include hot, dry skin or profuse sweating, hallucinations, chills, throbbing headache, high body temperature, confusion/dizziness, slurred speech.

The NIOSH also recommends the following measures to help prevent the development of heat-related illnesses:

1. Slow down in hot weather. Your body's temperature regulating system faces a much greater workload when temperature and humidity are high.
2. Heed early warnings of heat stress, such as headache, heavy perspiration, high pulse rate, and shallow breathing. Take a break immediately and get to a cooler location. Watch for heat stress signs among your co-workers.
3. Dress for hot weather. Lightweight, light-colored clothing reflects heat.
4. Drink plenty of water. Don't let yourself "dry out".
5. Increase your salt intake, preferably by adding salt to your food. (Consult your physician if you are on a salt-restricted diet.)
6. Try to get used to warm weather gradually. Take it easy for those first two or three hot days. Your body will have a better chance to adjust if you take it slow.
7. Get out of the heat occasionally. Physical stress increases with time in hot weather. Take breaks in a cool, shady location.
8. Don't try to get a suntan while you are working! It's harder for your internal cooling system to work through sunburned skin. Wear a hat and long-sleeved shirt to prevent burning (which we know can increase the risk of skin cancer.)

To prevent heat stress and other heat-related illnesses, keep in mind these three simple words: Water, Rest, and Shade. Taking these basic and essential precautions can save lives.

HEALTH TIPS

Did you know that exposure to loud noise can destroy the microscopic hair cells in your inner ear and cause hearing loss? And you would know that noise is a nuisance in the workplace when you hear ringing or humming in your ears during or upon leaving work, or you start to shout at a co-worker an arm's length away in order to be heard, or worse, you experience temporary hearing loss.

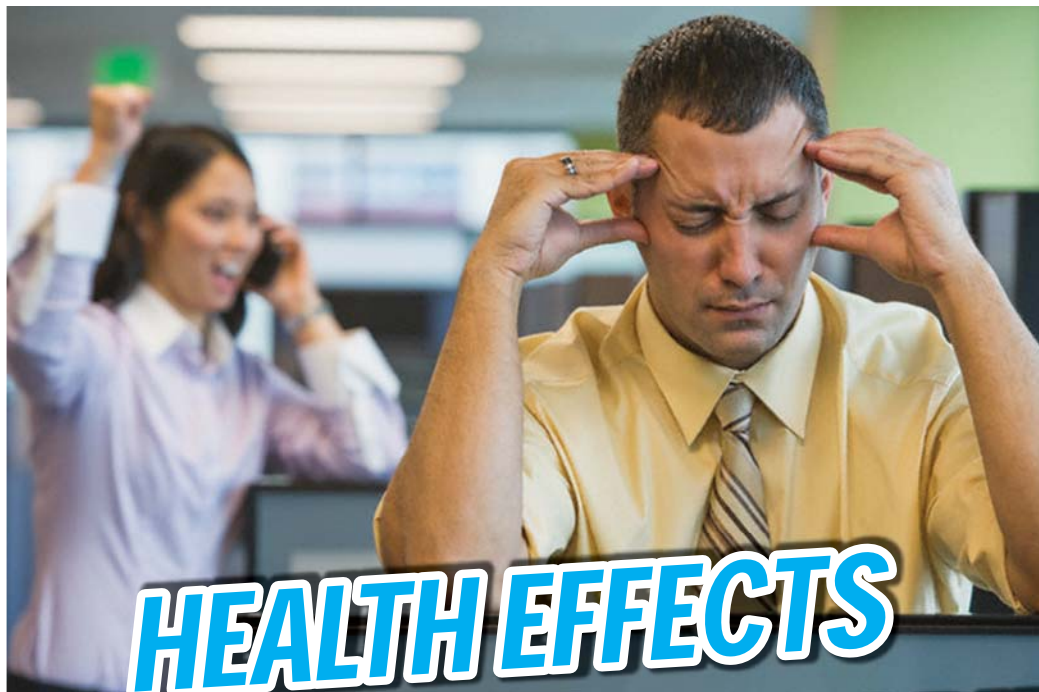
Each year, an estimated 30 million people in the United States are exposed to harmful noise at work. One of the most common occupational health concerns in the US is noiserelated hearing loss. Repeated exposure to loud noise can result in permanent hearing loss and neither surgery nor a hearing aid can remedy this type of problem.

To minimize occupational noise induced hearing loss, the National Institute for Occupational Safety and Health (NIOSH) recommends that all worker exposures to noise should be controlled below a level equivalent to 85 decibels (dBA) for eight hours. (Noise is measured in units of sound pressure levels called decibels, named after Alexander Graham Bell, using A-weighted sound levels (dBA). The A-weighted sound levels closely match the perception of loudness by the human ear. (Source: OSHA)

Loud noise at work can adversely affect a person's health and well-being. The Occupational Safety and Health Administration (OSHA) says that loud noise can create physical and psychological stress, reduce work productivity, interfere with communication and concentration, and contribute to workplace accidents and injuries by making it difficult to hear warning signals. It further explains that noise-induced hearing loss limits a person's ability to hear high frequency sounds, understand speech, and seriously impairs one's ability to communicate.

Noise induced hearing loss is slow and painless but unfortunately, it is permanent. It has no cure, but it can be prevented by utilizing noise controls, which are the first line of defense against excessive noise exposure.

One of the ways of reducing worker exposure to noise is by using engineering controls, which involve modifying or replacing equipment, or making related physical changes at the noise source or along the transmission path to reduce the noise level at the worker's ear. (Source: OSHA) For example, provide wear resistant rubber or plastic coatings to absorb acoustic shock. Use conveyer belts rather than rollers. Use plastic bumpers to avoid metal-to-metal contact. OSHA also suggests some effective and cost-efficient engineering controls such as using low-noise tools and



HEALTH EFFECTS OF NOISE AT WORK

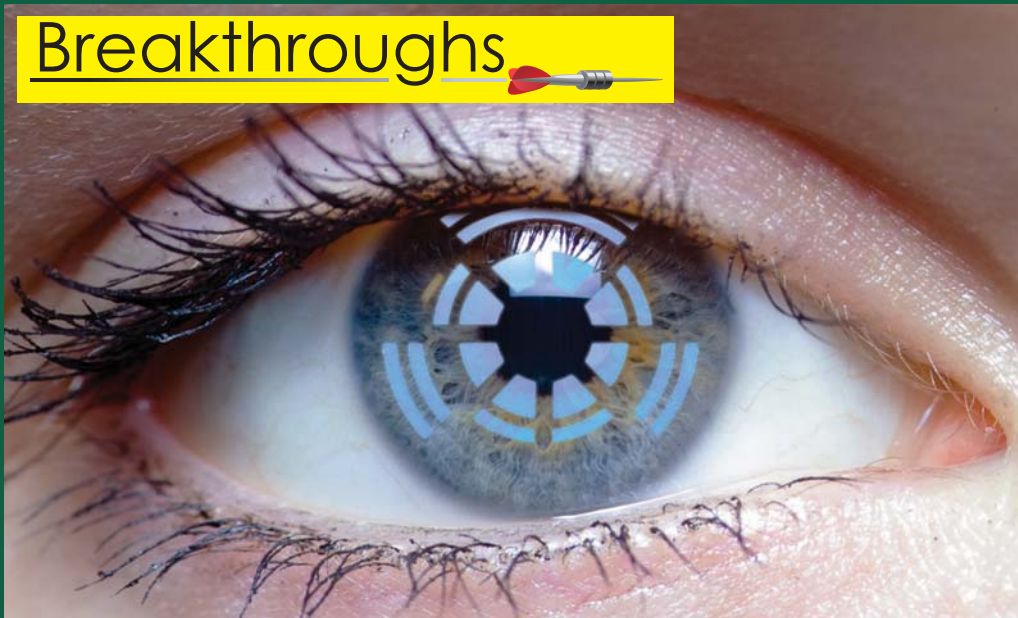
machinery, lubricating equipment and machinery; or putting a barrier between the noise source and employee (e.g., sound walls or curtains).

Lastly, hearing protection devices (HPDs), such as earmuffs and plugs, can be worn to cover the ear and ear canal entrance. These devices should be used when levels of excessive noise cannot be minimized by using either engineering or administrative control measures.

Protecting one's hearing is a right and a duty; it involves the responsibility and effort of both the employer and the employee. And fulfilling this task is key to a healthier and better workforce.



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Looking Through the Bionic Eye

“The eyes, like sentinel, occupy the highest place in the body,” said Cicero. But when a sentinel loses his sight, it would be almost impossible to carry out his duty.

With the advances in medical research, bioengineering and technology, what seemed to be impossible in the past can now be achieved. Artificial heart and kidney transplants can save and prolong lives. The bionic arm can help a person perform his ordinary tasks. And the most recent medical breakthrough that can bring back light and color to blind people’s lives is the bionic eye.

The bionic eye mimics the function of the retina to restore sight for people who have become blind from degenerative diseases like retinitis pigmentosa, which damages the photoreceptors of the eyes. The bionic eye takes the place of these photoreceptors. These are cells at the back of the retina that perceive light patterns and pass them on to the brain in the form of nerve impulses, which are then interpreted as images. Retinitis pigmentosa (RP) affects about 1.5 million people around the globe.

The Food and Drug Administration (FDA) has recently approved the use of the bionic eye, “Argus II Retinal Prosthesis System (Argus II)”, which is designed to restore some functional vision for people suffering from blindness due to severe to profound retinitis pigmentosa.



Argus II consists of a surgically implanted 60-electrode retinal prosthesis, video-camera enabled glasses and a video processing unit worn

at the waist or carried. According to the FDA, the retinal implant will not restore complete vision, but allows RP patients to detect light and dark, and to identify the location or movement of people or objects. In a clinical study, recipients of the implant system were able to recognize large letters, words and sentences. The system is approved for people 25 years and older who have severe to profound RP with bare or no light perception in both eyes.

How does the bionic eye work? Argus II (named after a giant in Greek mythology with 100 eyes, Argus Panoptes) is designed to bypass the damaged photoreceptors of the eyes. According to the technical experts from Second Sight, the maker of

Argus II, a miniature video camera housed in the patient’s glasses captures a scene. The video is sent to a small patientworn computer (i.e., the video processing unit – VPU) where it is processed and transformed into instructions that are sent back to the glasses via a cable. These instructions are transmitted wirelessly to an antenna in the implant. The signals are then sent to the electrode array, which emits small pulses of electricity. These pulses bypass the damaged photoreceptors and stimulate the retina’s remaining cells, which transmit the visual information along the optic nerve to the brain. This process is intended to create the perception of patterns of light, which patients can learn to interpret as visual patterns.

The National Institute of Health (NIH) says that the Argus II has not yet proved to completely restore a person’s vision. Rather, it allows patients who were blind or almost blind to see shapes and patterns, perceive motion, or see a curb. For example, a person with the Argus II might be able to distinguish where a door is or where a couch in their house is. But they likely couldn’t read a book with small print.

“Second Sight’s retinal prosthesis (Argus II) is giving improved mobility and independence to people who are blind from RP and have no other options for restoring any of their vision,” said Paul Sieving, M.D., Ph.D., Director of the National Eye Institute (NEI). “It is encouraging to see this highly innovative technology being used to help people with their activities of daily living.”

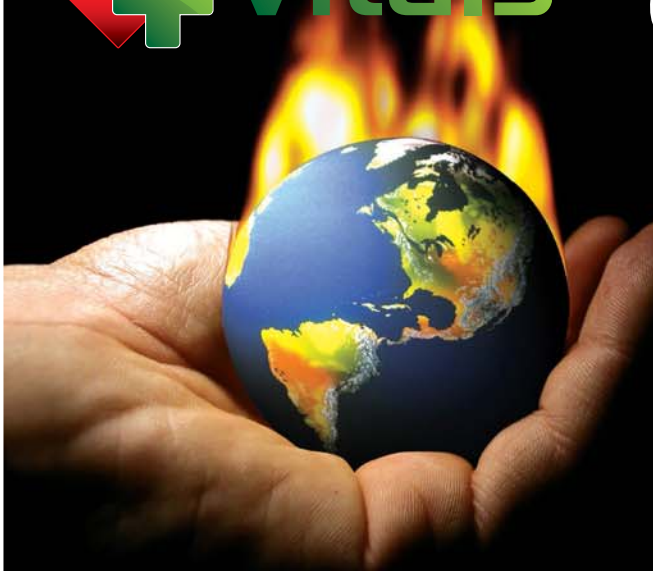
For instance, Barbara Campbell has been using Argus II for three years as a participant in a clinical trial of the device. She said Argus II greatly increases her mobility and safety, allowing her to see crosswalk lines and find her bus stop. She can also read large print with it.

Indeed, with human ingenuity and technology, the bionic eye gives hope to people who suffer from degenerative eye diseases and offers the promise of some functional vision for blind people.

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CLIMATE CHANGE AND ITS IMPACT ON HEALTH AND SAFETY



Rising sea levels, more intense and frequent extreme weather events, higher air temperatures, melting glaciers, poor air quality. These are all signs of climate change, which affects the social and environmental determinants of health- clean air, safe drinking water, sufficient food and secure shelter.

The World Health Organization (WHO) states that over the last five decades, human activities – particularly the burning of fossil fuels- have released sufficient amounts of carbon dioxide and other greenhouse gases that trap additional heat in the lower atmosphere and affect the global climate. The direct damage costs to health (i.e. excluding costs in health-determining sectors such as agriculture and water and sanitation), is estimated at US\$2-4 billion/year by 2030, according to the WHO.

Global warming may bring about a few localized benefits, such as lesser winter deaths in temperate climates and increased food production in some areas. But the overall direct and indirect impact of climate change on health and safety is most likely to be overwhelmingly negative.

Extreme high air temperatures can cause deaths from cardiovascular and respiratory disease, particularly among elderly people. According to the WHO, more than 70,000 deaths were recorded in the heat wave of summer 2003 in Europe. Heat stress can result in heat stroke, heat exhaustion and cramps that can worsen pre-existing medical conditions. The levels of ozone and other air pollutants increase as the temperature rises, and this condition exacerbates cardiovascular and respiratory diseases. The WHO says that urban air pollution causes about 1.2 million deaths every year. Levels of pollen and allergens also increase as the temperature rises, and this triggers asthma attacks.

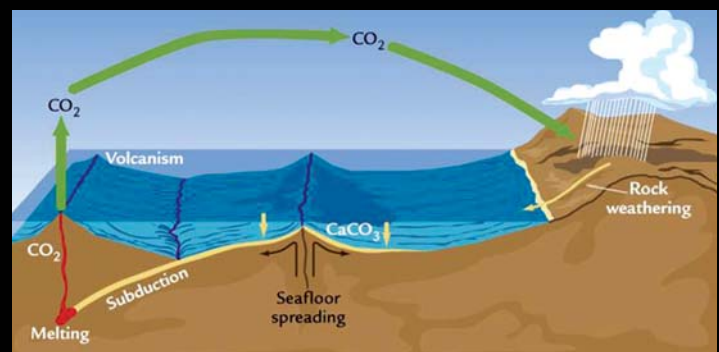
Rising sea levels and increasingly extreme weather events caused by climate change also have devastating effects on people, homes, facilities, and other essential services. According to the World Health Organization, more than half of the world's population lives within 60 km of the sea. Consequently, people may be forced to move, which in turn heightens the risk of a range of health effects, from mental disorders to communicable diseases.

Increasingly variable rainfall patterns and floods can negatively affect the supply of fresh water and increase the risk of diarrheal diseases, which kills 2.2 million people annually (WHO fact sheet). In addition, cases of food-borne and water-borne diseases, malaria and dengue are expected to worsen as the climate changes. According to some studies conducted by the WHO, an additional 2 billion people could be exposed to dengue transmission by the year 2080.

With global warming, production of staple foods will also decrease in poor regions – by 50% in some African countries- thus, increasing the prevalence of malnutrition and undernutrition, which currently cause 3.5 million deaths every year. (WHO fact sheet)

Given the adverse effects of climate change on people's health and safety, it could have a significant impact on worker productivity as well. Oceanographer John Dunne and his team of researchers from the National Oceanic and Atmospheric Administration, found that over the past two decades, climate change has caused a 10 percent decrease in working capacity during the peak summer season. They say that this trend is expected to continue and even accelerate, to levels of below 40 percent by the year 2200.

The future may seem bleak with the global climate change, which poses serious risks to ecosystems, their life-support functions, human health and work productivity. But each person can do his part in efficiently implementing adaptation measures to mitigate the harmful impact of climate change. As experts from the World Health Organization put it, "The optimal solution, however, lies with governments, society and individuals – and requires changes in behavior, technologies and practices to enable a transition to sustainability."



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WORK and HEART DISEASE



The human heart is one of the most essential parts of the body. It is roughly the size of a large fist and it beats about 100,000 times per day (about three billion beats in a lifetime!). And if it ceases to pump oxygenated blood to the brain and the other vital organs (it pumps about 6 quarts (5.7 liters) of blood), the body starts to experience “system malfunction” and the person dies. When fatty plaques form and block the arteries, blood flow decreases and causes chest pain or angina. And when blood flow is totally cut off, part of the heart muscle dies and lead to myocardial infarction or heart attack.

Cardiovascular disease (CVD) has been identified as the major cause of Cardiovascular disease (CVD) has been identified as the major cause of morbidity and mortality in the industrialized world. It has been projected that CVD worldwide will climb from the second most common cause of death to first place, with more than 36% of all deaths in 2020.” (Branwald E., *New England Journal of Medicine*) The symptoms of CVD include chest pain, angina, or acute myocardial infarction, breathlessness and fatigue from heart failure, and loss of consciousness or temporary aberration caused by arrhythmias (abnormally fast, slow or irregular beating of the heart).

Apart from atherosclerosis (blockage of the coronary arteries which causes decreased blood flow), cardiovascular disease can also develop through exposure to some occupational risk factors. According to the Centers for Disease Control and Prevention (CDC), certain physical and chemical hazards, and psychosocial factors at work can result in occupational heart disease.

Studies conducted by the National Institutes of Health (NIH) show that extreme heat or cold temperatures in the workplace have been associated with an increased risk of acute cardiovascular events, usually where CVD preexists. Heat leads to heat stroke and heat exhaustion, which exacerbates a cardiac problem. Also, prolonged exposure to noise (more than 80 db) can significantly increase blood pressure, and some suggest that this could result also in an increased risk for CVD.

Stress can also be an occupational risk factor for CVD because it raises blood pressure levels. Results of studies done by the NIH show a correlation between job strain and ambulatory systolic blood pressure. NIH experts say that

job stress occurs as a result of “effort-reward imbalance,” a “mismatch between high workload (high demand) and low control over long-term rewards.” Low reward includes low “esteem reward” (respect and support), low income, and low “status control” (poor promotion prospects, employment insecurity, and status inconsistency).

The link between shift work and CVD has been proposed via three pathways—mismatch of circadian rhythms, social disruption, and behavioral changes. The NIH explains that mismatched circadian rhythm relates in part to eating patterns—eating more calories at night than during the day has been associated with higher cholesterol values. There are higher rates of myocardial infarction and angina in the early morning. It has therefore been suggested that mismatch of oxygen supply to cardiac muscle may precipitate this increased rate of angina. According to the NIH, workers requiring extra cardiac effort at this time may be at greater risk. In addition, shift work frequently leads to behavioral changes, such as higher smoking rates, altered eating habits—snacks or missed meals, which are risk factors for CVD.

Work is essential to basic human existence and health. It is also necessary for an individual’s well-being, positive social identity and economic stability and security.

But the reality is, work also exposes a person to some risk factors that could lead to heart disease and other serious health problems. The International Labor Organization (ILO) emphasizes the need to enhance occupational safety and health. The ILO says that “employers have a duty to prevent occupational diseases by taking preventive and protective measures through the assessment and control of risks at work.”

Indeed, as the ILO says, “Prevention is key since it not only protects the lives and livelihoods of workers and their families but also contributes to ensuring economic and social development.”

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Fire Safety and Prevention at the Workplace



In all organizations and companies, the personnel's safety must always be a priority.

It is of utmost importance that employers comply with the constitutional mandate to safeguard the worker's social and economic well-being as well as his physical safety and health. The Occupational Safety and Health Standards (OSHS) states that employers shall furnish their workers a place of employment free from hazardous conditions that are causing or are likely to cause death, illness or physical harm to his workers. And one of the best ways to ensure the safety of workers is through fire prevention and preparation.

For the safety, health and well-being of workers, employers and building owners need to comply with the provisions stated in the OSHS Rule 1940 regarding Fire Protection and Control. Definite rules on the installation of alarm systems, conduct of fire drills, and the use of emergency fire exits have been specified.

Every workplace must have sufficient exits properly located to enable everyone to leave the facility promptly. OSHS considerations include the type of structure, the number of persons exposed, the fire protection available, the type of industry involved, and the height and type of construction of the building or structure. In addition, fire doors must always be open and free of any obstructions when employees are inside the workplace.

According to the OSHS Rule 1940, all buildings having two or more stories in height shall be equipped with fire alarm system and signals of distinctive quality and pitch clearly audible to all persons inside the building. Also the OSHS requires a bi-annual fire drill "to maintain an orderly evacuation of buildings, unless the local fire department requires a higher frequency of fire drills." But

it has to be noted, "fire exit drills shall only include evacuation of persons and shall not include rescue operation."

To protect workers from fire hazards in the workplace, employers need to train them on what to do in a fire emergency. Workers should know the proper evacuation procedures and how to use fire extinguishers safely. Rule 1940 states that extinguishers must be installed on hangers or brackets conspicuously located in unobstructed areas readily accessible in the event of fire. And on the place where extinguishers are located, the type and use of the extinguishers and instructions on its proper use shall be marked in visible and easily readable letters.

Emergency exits are very crucial in any building, especially in the events of fire and other disasters. The OSHS specifically requires at least two exits in every floor and basement of every workplace capable of clearing the work area in five (5) minutes. Additional exits shall be provided if the travel distance from any occupied space in high hazard occupancy exceeds twenty-three (23) meters.

Apart from the standards set by the OSHS, here are some helpful fire safety tips from the Electronic Security Association (ESA) and the Health and Safety Authority:

1. Keep your work area free of waste paper, trash and other items that can easily catch fire.
2. Check on your electrical cords. If a cord is damaged in any way, replace it. Try not to lay cords in places where they can be stepped on, as this will contribute to deterioration of the protective outside coating.
3. Don't overload your circuits.
4. Turn off electrical appliances at the end of each day.
5. Keep heat-producing equipment away from anything that might burn. This includes copiers, coffee makers, computers, etc.
6. Provide no-smoking signs at appropriate locations.
7. Ensure smoking area(s) are away from flammable materials.
8. Arrange for cigarettes and matches to be disposed of safely and away from other combustible rubbish.

In a worse case scenario and people are unable to escape, create an area of refuge by following these steps recommended by ESA:

- First, create a barrier between you and the fire. Do this by going into a room that is unaffected by the fire and shut the door. Then, stuff the gap under the door with a wet cloth and close the vents. By doing this you can seal out the smoke and wait safely until help arrives.
- Don't break the windows. If you need air, open the window a crack.
- Stay under the smoke where the air is freshest. Keep a wet cloth over your nose and mouth and try to breathe only through your nose.
- Signal for help by hanging an easy to see object in the window.

Indeed, fire can be very devastating; it causes loss of properties and jobs, injury, and worst still, death of people. And the keys to safety are preparation, prevention and an amount of prudence and common sense.

References:

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- https://www.osha.gov/OshDoc/data_General_Facts/FireSafetyN.pdf
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ActiveOne held 1st Medical Summit: Primary Care in the Workplace and 2013 Christmas Party

By: Ms. Rhoda Fe Gaufo
Human Resources Manager

As the cold breeze of December begun, and the feel of holiday season started - ActiveOne launched and marked its first Continuing Medical Education, in partnership with LRI-Therapharma with a working perseverance: "1st Medical Summit: Primary Care in the Workplace," which was held at Crowne Plaza Galleria, Ortigas Pasig City on the 5th of December year 2013. The event started with booths from various pharmaceutical companies, which are also the summit partners. The conference was divided into two segments, the Scientific Session for Physicians, and the BLS Session for Nurses. The sessions for physician engage in about - Cardiometabolic Prediseases; Respiratory diseases in workplace; as well as Sleep disorder, as adaptation to reverse work condition; and Pain Management - which are essential and timely in dealing with primary care in the workplace. Thus, supporting the key note of Dr. Carlo Saul, Sr. Manager for Medical Affairs in promoting foremost wellness care when he opened up the session. Simultaneously the session for nurses tackled the Basic Life Support which was spearheaded by certified trainers from Red Cross Philippines. As scientific sessions are as important to medical practitioners, the organization indeed find it necessary to include sessions that will help medical practitioners manage arising matters involving them and their work such as subject on family wellness and money matters. Both summit sessions transported further knowledge and awareness with all the attendees in upholding prime care in the place of work and even in any other setting.

The conference continues its pronounced blissful atmosphere with a partnership dinner party with a theme of "Arabian Nights". Sumptuous dinner was served while big prizes were given away. The night was officially opened by Active One's President and COO, Tony Castillo with remark on thanking and officially introducing its partnership with United Laboratories, Inc. As the partnership grows, so as its employees' as the event gave gratitude to its' employees' and group of employees' whom throughout the year exhibited excellent performance - to cite as - Best Clinic of the Year, for Industrial Setting was awarded to Lafarge, Batangas; Best Clinic of the Year, for BPO Setting was awarded to CVG, San Lazaro; Outstanding Site Nurse of the Year was awarded to Paul Vincent Calinao, RN; Outstanding Physician of the Year was awarded to Sidney Arevalo MD and Marie Grace Bernal was awarded as Head Office Personnel of the Year. The party continuous with an electrifying dance performance from the Party Committee, and with complete gigantic participation from four groups of employees', who joined the Dance Competition, where the Psychedelic Dance Group of ActiveOne Head Office employees' was awarded as the Champion; audience choice of Male and Female Star of the Night were also been awarded. The



party was serenaded by intermission number from Jay-el Viteno of Head Office and Dra. Lorna Sito; represented the Visayas-Mindanao cluster. Indeed, the evening exudes great talents of the organization. The evening ends with various major raffle prizes that were given away and crooned by well-known acoustic artists of the music industry.

The summit and the evening festivity of partnership with United Laboratories, LRI-Therapharma and Active One was one successful event. It brought the organization and its people together to its peak in celebrating the enterprise success today and in the future by knowledge enrichment in heightening workforce wellness.