



A health and safety bulletin from

UI HealthWorks and WORKSAFE IOWA

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BP in Middle Age Influences CVD Lifetime Risk

February is American Heart Month, a good time to review healthy-heart habits like proper diet and regular exercise— activities that are even more crucial as we approach middle age. Researchers looked at how changes in blood pressure between 41-55 affected lifetime risk for cardiovascular disease (CVD). The results, published in "Circulation: Journal of the American Heart Association," show that 70% of men who develop hypertension in middle age will experience at least one CVD event by the time they turn 85. The more positive message: maintaining or reducing blood pressure by 55 translates to the lowest lifetime risk.

Circulation - <http://circ.ahajournals.org/content/early/2011/12/16/CIRCULATIONAHA.110.002774.abstract>

OH&S (AHA: Middle-Age Blood Pressure Changes Affect Heart Disease, Stroke Risk) -

<http://ohsonline.com/articles/2012/01/02/aha-middleage-blood-pressure-changes-affect-heart-disease-stroke.aspx>

PubMed Health (Hypertension) - www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001502

OSHA Guidance for Winter Workers

Despite relatively warm winter temperatures in Iowa so far, the season may still bring us driving accidents, downed power lines, hypothermia, frostbite, and other dangers. For workers involved in storm response and recovery operations, OSHA has created a web page with tips on how to be prepared for the risks and recover from them. Different types of winter weather alerts are identified, as well as steps to prepare your vehicle for winter, and contents of a vehicle's emergency kit. The OSHA Winter Storms web page includes links to FEMA, the American Red Cross, the National Weather Service, and other agencies and organizations.

OSHA (Winter Storms) - www.osha.gov/dts/weather/winter_storm/

Safety Online (OSHA Aims to Protect Workers During Winter Storms) -

[www.safetyonline.com/article.mvc/OSHA-Aims-To-Protect-Workers-During-Winter-](http://www.safetyonline.com/article.mvc/OSHA-Aims-To-Protect-Workers-During-Winter-0001?sectionCode=News&templateCode=EnhancedStandard&user=1027515&source=nl:32786)

[0001?sectionCode=News&templateCode=EnhancedStandard&user=1027515&source=nl:32786](http://www.safetyonline.com/article.mvc/OSHA-Aims-To-Protect-Workers-During-Winter-0001?sectionCode=News&templateCode=EnhancedStandard&user=1027515&source=nl:32786)

Iowa OSHA Inspections Organized by Zip Codes

To concentrate resources where they are most effective, Iowa OSHA is now planning its construction inspections using zip codes. Based on census and other information from Iowa, other states, and Federal OSHA, an inspection list is made up of zip code areas with a 3,200+ population. When an area is (randomly) selected, it is surveyed for construction activity and, if visible activity is present, jobsite inspections are conducted. A total of 108 areas in Iowa qualify for this program; each area will be inspected at least twice a year.

Iowa OSHA Local Emphasis Program (IA/LEP4) - www.iowaworkforce.org/labor/iosh/ialepzipcodes.pdf

More information: Tom VanderLinden, Iowa OSHA Enforcement Executive Officer (Vanderlinden.Tom@dol.gov, 515-281-7008)

Learn at Lunch

Starting Feb 2, NIAOHN, the UI Heartland Center, and WORKSAFE IOWA will launch "Teaching Thursdays" for occupational health professionals—webinars on physical assessment (head/neurological, cardiopulmonary, musculoskeletal) presented by Kerri Rupe, Occupational Health Nurse Specialist. The free sessions will be held from 11:30am-12:30pm on Feb 2, Mar 1, and Apr 5 and broadcast via Elluminate Live.

More information: Brandy Huseman, WORKSAFE IOWA (brandy-huseman@uiowa.edu)

UI HealthWorks is a member of the WORKSAFE IOWA Occupational Medicine Associate Network, the only university-affiliated network of occupational health providers. WORKSAFE IOWA is an outreach program of the Department of Occupational and Environmental Health in the College of Public Health at the University of Iowa (www.public-health.uiowa.edu/worksafe).