

Health Notes

Occupational Risk Factors

by Craft Chiropractic Associates, PC

It is estimated that, in America, over 1 billion days a year are lost from work because of back pain. About 75% of adults will at some point in their life experience at least one episode of acute low-back pain. This condition usually presents itself in the third decade of life and recurrence rate after that first episode ranges anywhere from 40% to 80%.

Only 50% of workers who have been out of work due to back pain for six months will return. 20% of workers who have lost one year of work will return. Extend that period of lost work to two years, and the return rate drops to 0%.

The job of an employer or manager is to control the known occupational risk factors, which studies show not only increase the likelihood of developing acute low-back pain but also delay recovery.

The first risk factor to consider is the possibility of an employee's perception that their job is boring, dis-

satisfying, or repetitious. Some of our foreign industrial competitors routinely change their workers jobs to deal with this issue. When possible, add on-the-job training to the work-week. Updating equipment at the workplace also helps.

The second risk factor is an unpleasant or noisy work environment. Something as simple as positioning a desk so it doesn't face a wall helps. Keeping a workplace clean and free of clutter not only gives a worker a positive feeling but also can reduce injury. If you can't remember the last time you painted... it's probably time to do so. Make sure your truck driver has a radio that actually works. Ear-plugs not only make OSHA happy, but also your workers, if there is a noise problem.

Thirdly, perception of poor social support in the work environment with regard to employer/employee interaction. The easiest way to fix this is to have a common break/lunch area for employer and employee.

The last risk factor to consider is the employer's perception of the employee as being less competent. Don't be afraid to thank a worker for a job

well done. Just because you tell an employee that he/she is important to your operation does not mean that your compliment will be followed by a demand for a raise. Recent surveys reveal that many workers appreciate a thank-you more than a raise! Introduce your employees to your clients or customers. Employees appreciate knowing for whom they are working and the person paying for the service likes to know who is doing the work. This simple act will increase your employees' pride in their work by knowing you have told the customer who is doing the work. They become accountable and now have a stake in your product.

Put these solutions to work immediately. Let us know if you need assistance; we have received specialized training to help do so. 

In Step

by Arthur Lukoff, D.P.M.

When someone says that you strongly resemble one parent or the other, bear in mind that this resemblance includes the structure of your foot. In lining up four generations of the same family, we have learned that certain deformities, or at least a tendency toward certain weaknesses, will repeat themselves again and again. That is not to say that you are destined to inherit the same foot pathology your parents have, but in the process of inheriting a poor or weak foot, you open up a Pandora's box that can eventually lead to any number of foot ailments.

During the initial examination, we always ask the patient: "Did Mother, Dad or Great Uncle Louis have bad feet?" The vast majority of the time the answer is, "Yes."

People who inherit poor feet experience day-in, day-out micro-trauma so that it takes about 30 to 40 years for their foot problems to first appear. We generally start to see our patients in the fourth decade of life for that is when the vast majority begin to seek out our services. 

*A Message from Your Chamber of Commerce:
Give the Best Gift...
Give Back to Your Community!*

H&R Block the world's largest tax preparation company and global provider of financial services has immediate career opportunities.

Receptionist

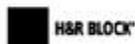
Hiring now for seasonal positions.

- Full or part-time
- Experience preferred

Contact Information

Mary Sheeley
75 Center St., Ellenville, NY 12438
845-647-6980

EOE M/F/D/V



Happy Holidays from all of us at



LIGHTHOUSE DELI
EAT IN - TAKE OUT
Hot Foods
Sandwiches
Homemade Salads,
Pies Muffins,
Hot Soups
BREAKFAST • LUNCH • DINNER
DAILY LUNCH & BREAKFAST SPECIALS
PLATTERS AVAILABLE
Cold Cut • Wing • Vegetable
— 2 • 4 • 6 ft. Subs —
(Boar's Head)
210-1402
FAX 210-1207
107 Canal St., Ellenville, NY 12428
M-F 5:30am-7pm • Sat 5am-6pm • Sun 5:30am-4pm