

COM Community Occupational Medicine, LLC

IN THE NEWS....

March 2010

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Dear Bill,

Many local business's are showing signs of life and beginning to pick up. This is welcomed news by all of us! As we anticipate this continued momentum and new employees are hired or shifts pick up to 5 day work weeks employees can become more suseptible to work related injuries and illnesses. Preventing injuries during this time can be accomplished with some basic safety principles. A good orientation and on the job training program can be effective for new hires and employees that have changed jobs internally. Recognize that the first few weeks of a job change or starting back to work can also take it's toll physically. Include ergonomic's principles into the job training along with stretching and conditioning excercises. Encouraging safe work practices for new employees are at it's peak when they have been newly hired. New employees are already in the mode of change and are more accepting of the safety requirements for the job. Be proud of your safety program, and the safety standards you set. These standards are part of your work culture and will prevent needless injuries and illnesses and the cost associated with them.

Bill Martin
Operations Manager
Community Occupational Medicine

TWO LOCATIONS to SERVE YOU!

Community Occupational Medicine

ELKHART Office
22818 Old US 20
Elkhart, IN 46516
(574) 389-1231

DOT Releases Notice of Proposed Rulemaking

On February 4, 2010 the Department of Transportation released a notice of proposed rulemaking "Procedures for Transportation

Community Occupational Medicine

GOSHEN Office

2312 Eisenhower Dr. North

Goshen, IN 46526

(574) 534-1231

Celebrating our 10th year!
"Keeping business healthy"

COM offers industry a full menu of professional occupational medicine services.

Injury Treatment

Occupational Illness

Drug & Alcohol Testing

DOT Physicals

Sports Physicals

First Aid / CPR Trng.

Hepatitis B Vaccination

Audiometric Testing

Respirator Clearance

TB Testing

Tetanus Vaccination

notice of proposed rulemaking "Procedures for Transportation Workplace Drug and Alcohol Testing Programs." The document is "designed to align DOT regulated-industry drug testing with the Department of Health and Human Services (HHS) laboratory drug testing requirements. DOT's primary laboratory proposals include: Testing for MDMA (i.e. Ecstasy), lowering cutoff levels for cocaine and amphetamines, conducting mandatory initial testing for heroin and authorizing employers to use HHS-Certified Instrumental Initial Test Facilities to conduct initial drug testing. DOT also proposes bringing a number of their testing definitions in-line with those of HHS."

For the full proposed ruling, please click [here](#).

"COM Connect (TM)" Technology Improves Efficiency

COM is in the midst of enhancing our client communications with Web based technology. Imagine obtaining current and past medical and drug screen records on-line. Take this a few steps further? What if you could access data to identify trends and other reports? "COM Connect TM" a securely encrypted and password protected web access point, COM clients can obtain these records and it will be available at your desk top. For some companies that wish to pay a set portion of the wc claim before sending to insurance, you can now easily access and track these injury trends. These enhancements will provide valuable data and communications to save you time. "COM Connect TM" can be also utilized by insurance carriers to stream line the efficiency for claims adjusters. In a nut shell this technology will prevent the infamous missing fax or the need to send out additional information to the adjuster or the corporate office. We are really excited to offer "COM Connect TM" as a cutting edge service for our customers. For those of you that are not sure that embracing technology is for you, we will not leave you behind and will continue to provide the security of a paper fax. "COM Connect TM" available April 2010.

What are Health Risk Appraisals?

A Health Risk Appraisal (HRA) is an assessment tool used by healthcare provider to evaluate a person's health. The HRA is an extended questionnaire that inquires into personal lifestyle, and personal and family medical history. The HRA may also include a physical examination, laboratory tests of blood chemistry (e.g. of cholesterol level), blood pressure, and physical fitness levels. The outcome of the HRA is a health analysis that identifies specific risks (e.g. heavy smoking and sedentary lifestyle) with strategies and targets for improving health and wellness.

Many companies use the HRA's as a cornerstone of their Wellness Program. HRA's can provide a corporate summary and general knowledge of what the major corporate health risks are. Understanding your specific risk can provide the needed insight to strategically develop the components of an effective wellness

Return to Work

Corporate Health & Wellness

Risk Management

Employee Physicals

Pulmonary Function

Preventative Medicine

Chemical Surveillance

DOT Random drug/alc

X-Ray

AED Program, MD Director

ON-Site Mobile Hearing Test

Dealer-ZOLL Defibrillator

COM Connect

to strategically develop the components of an effective wellness program. Corporate HRA's also provide baseline metrics to establish goals and benchmarks to contain group health cost.

Hoping for group health insurance cost to go down will not happen. Each person has to take part in their own well being and make the needed changes for a healthier lifestyle. Many Corporate Wellness Programs educate and create incentives that contribute to personal health changes and drive down critical risk factors and insurance cost. If you are interested in establishing or enhancing your wellness program, please give COM a call to see how we can help improve your business's bottom line.

Need CPR, AED & First Aid Class?

Do you have an employee that missed the last class? Are you a small company looking to send 2-3 employees? Join one of the open training class dates below.

April 8th 12:30-4:30

May 6th 12:30-4:30

June 10th 12:30-4:30

Contact Information

mstanton@comocmed.com

Melissa - Billing

clamb@comocmed.com

Cindy - MRO Assistant

aweiss@comocmed.com

Aimee - Office Coord.

bmartin@comocmed.com

Bill - Operations Mgr.

RSVP - class sizes are limited. Classes will be held at the Elkhart COM. Cost \$35.00 each person.

If you are interested in an onsite class for your company, call for more information.

A look at OSHA respiratory medical compliance.

OSHA respiratory compliance has many components... some that require a helping hand from your occupational medicine provider. COM has the experience and ability to meet all your respiratory compliance needs.

1. Respiratory Medical Questionnaires- These questionnaires are used to identify employees that have medical conditions that may not be physically able to wear a respirator. RMQ's require medical review.
2. Fit Test and Training - These additional requirements provide the employee working knowledge of the respirators function.

COM Medical Providers

**Duane L. Miller, MD, FACEP, MRO -
COM Medical Director**

Judy Smith - PA-C

Joanna Saal - MS, ACNP-BC

Refer a Friend

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the employee working knowledge of the respirators function, maintenance, cleaning and proper fit and seal. The employee also needs to be educated on the chemicals that the respirator is protecting them from and possible symptoms and side affects from possible chemical exposure.

3. Pulmonary Funtion Tesing - PFT's are used commonly to determine forced volume capacity and total volume capacity. These PFT results are helpful to determine underlying respiratory disease or defficiencies.
4. Chest X-Ray- Chest X-rays are sometimes needed to determine or confirm disease such as TB. Chest X-rays can also be needed for employees that have exposure to certain chemicals or toxins.

Respirators can provide the needed protection for employees when exposed various chemicals. Placing an employee in a respirator that does not physically qualify can also present danger. A solid 29 CFR 1910.134 OSHA Respiratory Protection Program can help keep your employees respiratory system healthy.