

# YCPARMIA Safety Journal

*YCPARMIA's Mission Statement:*

*To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.*



February 2016

## **COMPLETELY ANONYMOUS CONCERNS AND SUGGESTIONS**

YCPARMIA's website ([www.ycparmia.org](http://www.ycparmia.org)) acts as a tool for our members employee's to anonymously report a variety of concerns or problems to their employers. YCPARMIA will make sure that the communication is forwarded exactly as written to the appropriate member.

Topics could include safety, security, harassment, discrimination, violation of entity policies, or any other subjects that you wish to have anonymously expressed.

### **STRETCHING TO LIMIT MSDs**

#### **What is MSDs?**

Musculoskeletal disorders (MSDs) are injuries or pain in the body's joint, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back. MSDs are degenerative diseases and inflammatory conditions that cause pain and impair normal activities.

#### **How to limit MSDs?**

Workplace training programs that emphasize stretching and resistance can help employees prevent and manage upper-extremity musculoskeletal disorders, according to a recent report.

Researchers from the Institute for Work and Health found strong evidence that resistance training aids neck, shoulder, arm, elbow, wrist and hand health. They also found moderate evidence that stretching programs, workstation wrist supports, and alternative input devices such as a roller bar, help prevent MSDs.

Resistance training includes exercises in which muscles contract against an external force to build muscle strength, tone, mass or endurance. Examples include the use of dumbbells, rubber exercise tubing or one's body weight. Stretching programs could include yoga. Researchers said other programs such as job stress management and workstation adjustments, without effective worker involvement, do not appear to prevent or manage MSDs.

## ZIKA VIRUS

“Zika” is a term that you may have heard a lot lately. Zika is an infectious disease spread to people through bites from the *Aedes aegypti* and *Aedes albopictus* mosquitos. **Zika is not currently found in California.** Each reported case of Zika in the U.S. has been linked to travel outside of the country, including this month’s incident involving the Yolo County resident.

Since the Centers of Disease Control and Prevention (CDC) started tracking Zika in January 2015, there have been 52 confirmed cases across 17 states, California being one of them with two cases as of mid February. However, Zika occurs in many tropical and sub-tropical; areas of the world, particularly in Africa, Southeast Asia, and islands in the Pacific Ocean. Recent outbreaks have occurred in Latin America and the Caribbean.

### What are the symptoms and risks?

Like our Yolo case, the patient went to the doctor with flu-like symptoms. The most common symptoms are fever, rash, joint pain, and red, itchy eyes. These symptoms are usually mild and last several days to a week. In extreme cases the virus has reportedly led to paralysis. However, many people who have Zika will not experience symptoms at all.

The most talked about risk is microcephaly. This is a condition when babies are born with a small head and brain size. Other poor pregnancy outcomes have been reported in babies of mothers who had the virus while pregnant. More studies are planned to tell us about the risks of Zika virus during pregnancy. Pregnant women and women planning to become pregnant are most at risk and are advised by the California Department of Public Health (CDPH) to postpone traveling to areas where Zika virus transmission is ongoing.

Gary Goodman, manager of the Sacramento-Yolo Mosquito and Vector Control District doesn’t want Zika to overshadow a real danger for residents—West Nile Virus. “There is a real risk of West Nile in our county,” Goodman said. Zika is low and the risk of West Nile is going to come back so people need to be aware that the risk is still there.” Goodman urges people to take precautions against any mosquito. “Drain standing water, put on repellent,” he said. “If you see mosquitos call us and we will take a look around. It is what we are here for.”

You can find more information on the Zika Virus on Yolo County’s website (<http://www.yolocounty.org/health-human-services>) and the CDPH’s website (<https://www.cdph.ca.gov/Pages/DEFAULT.aspx>).

