

Meet Today's Webinar Team



Presenter: Ashley Mikytuck

Ashley is a technical writer for Texas Mutual's safety services department. She joined the safety services support center in early 2015 as a safety representative and is now assisting the department with written safety content. Ashley holds a bachelor's degree in urban studies from the University of Texas.



Presenter: Josh White

Josh is a safety services representative for Texas Mutual's safety services support center. He conducts virtual, telephonic safety surveys with our small business owners to help provide guidance in their workplace safety efforts. Josh joined the safety services support center in early 2016 and has been doing his part to keep Texas safe by offering his expertise to our policyholders.



Moderator: Hannah Bolton


Hannah is a safety services representative for Texas Mutual's safety services support center. She conducts phone surveys, internal support for the safety services department, and provides policyholder services by providing guidance in their safety endeavors. Hannah has a degree in Communications from Texas A & M University, Corpus Christi.

Illness in the Workplace

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Agenda



Common
workplace
illness



Healthy
practices



Factors
affecting
health

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Common workplace Illness

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Viral
influenza



Gastroenteritis



Common Cold

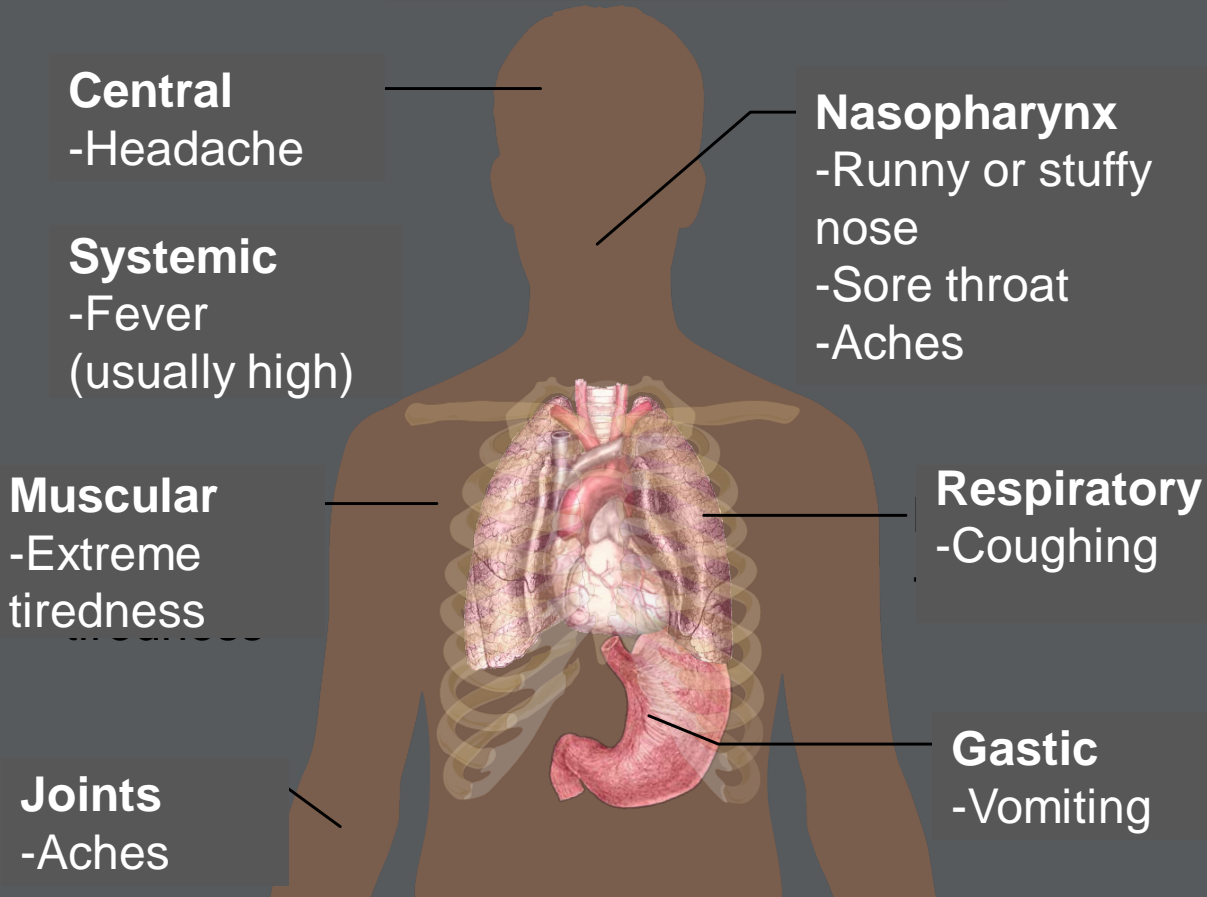
Is it a cold or flu?



Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Difference
between cold
and flu

Symptoms of Influenza



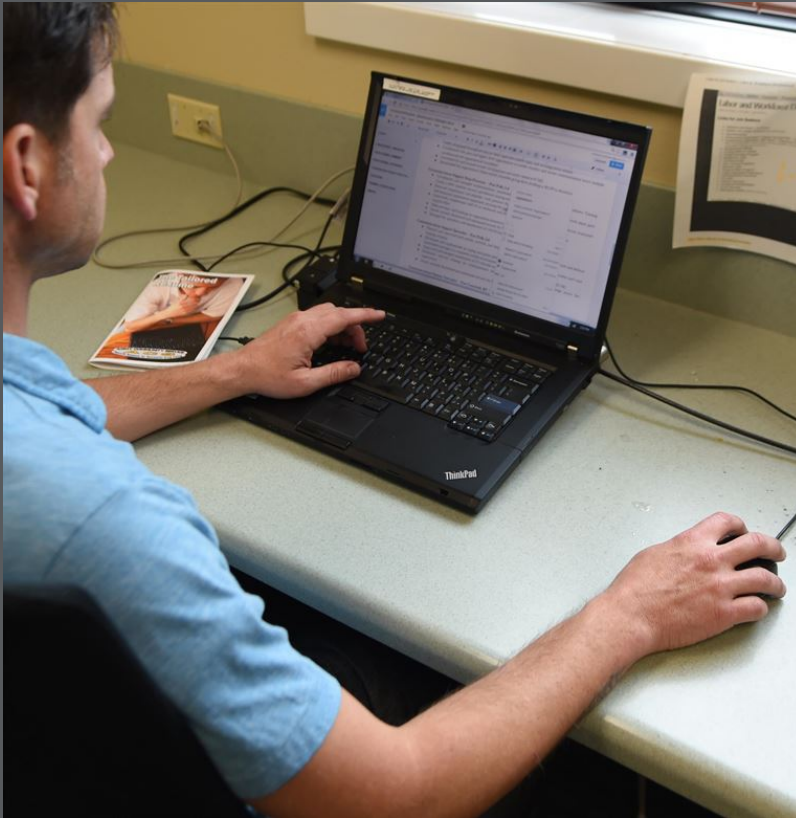
Flu
symptoms



Cold
symptoms



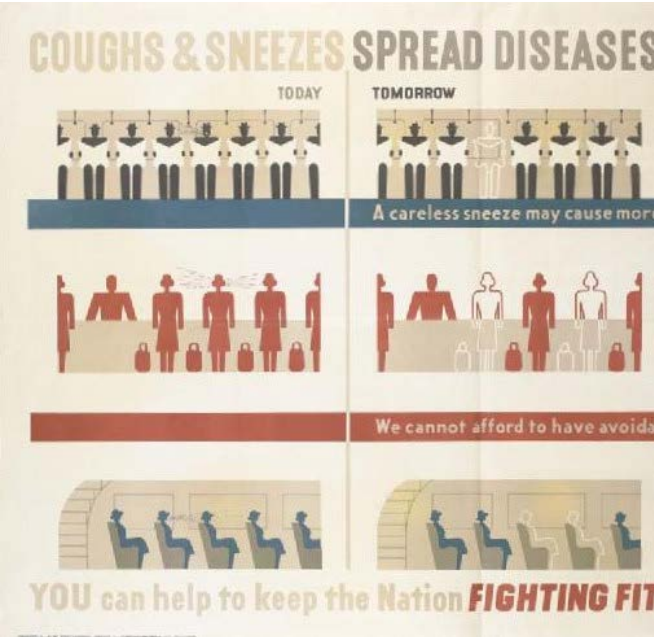
How is
cold/flu
spread



Computer workplace injuries



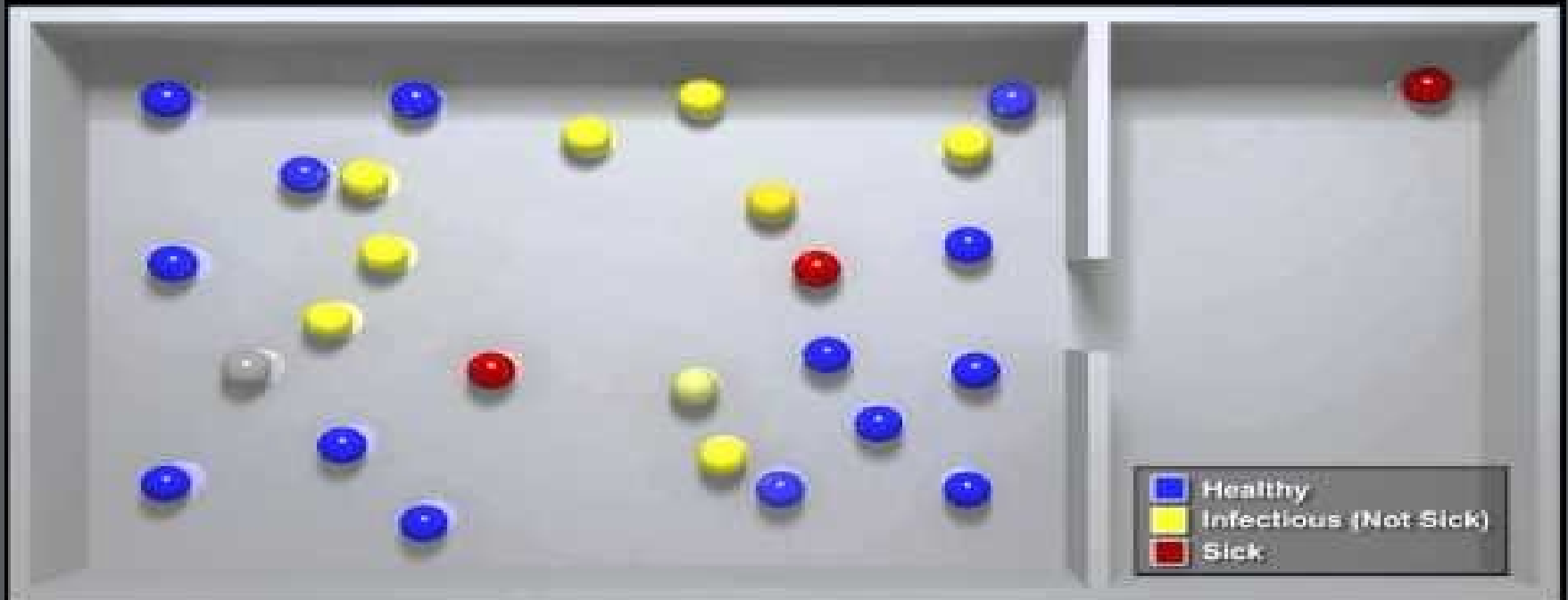
Stress
related
illness



How is illness spread?

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Immune system



Germs



Person to
person



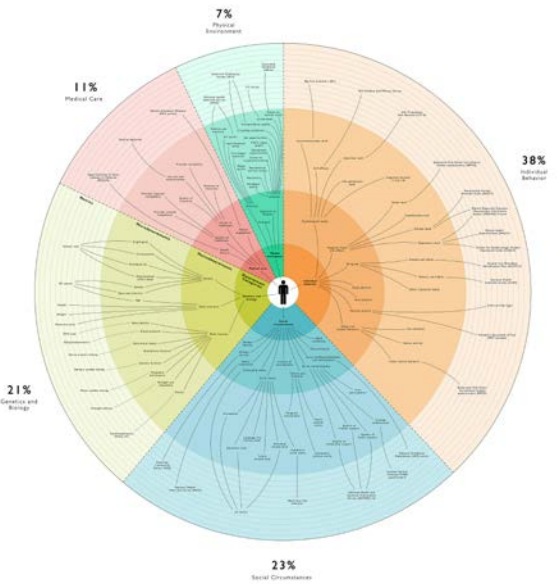
Indirect
contact



Foodborne



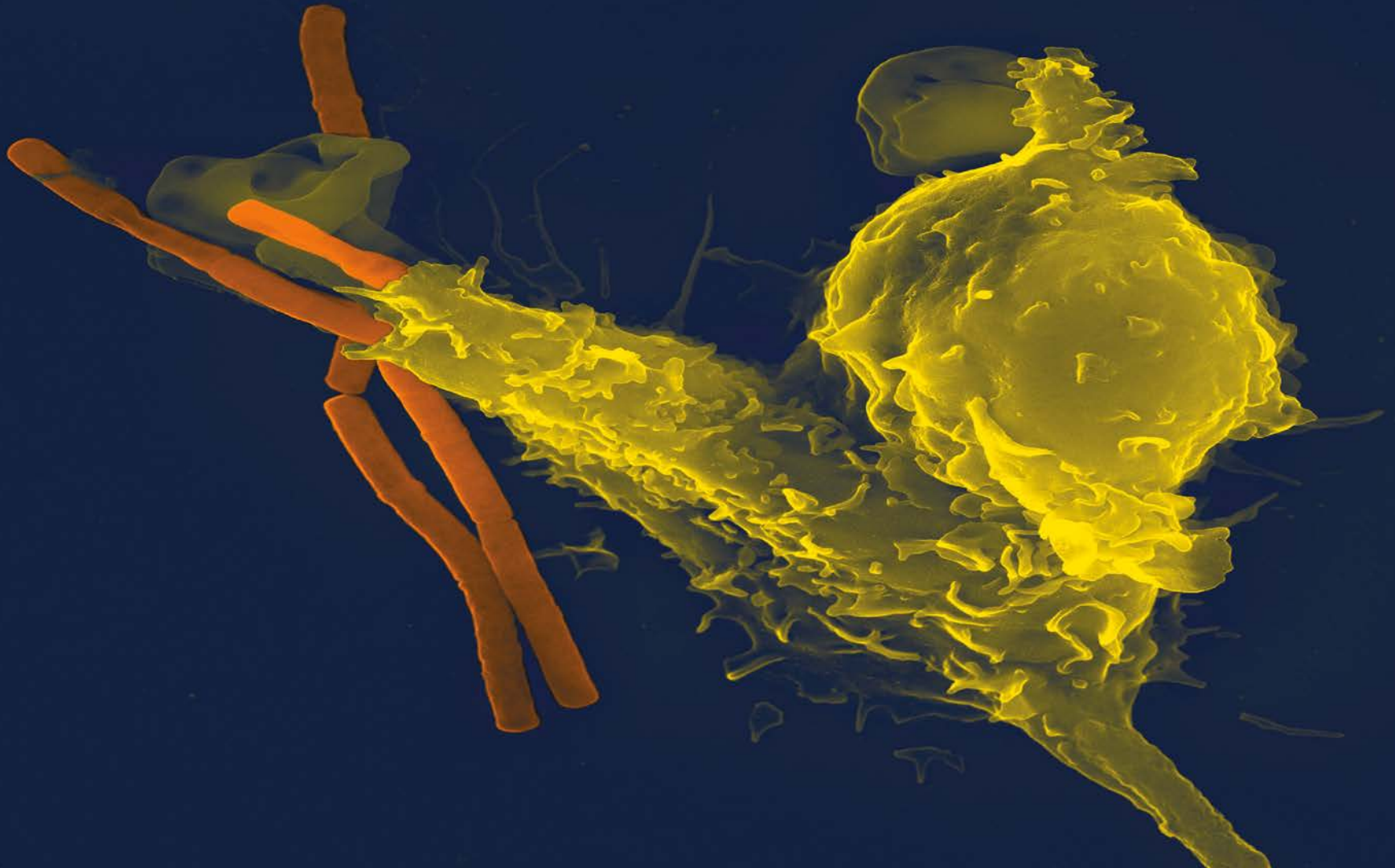
Factors affecting workplace health



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Immunity



Defenses



Stress



Ways to combat stress



Nutrition



Nutrition boosters



Lack of exercise



Incorporate exercise at work





Industrial hygiene

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Types of air
contaminants



Types of air contaminants



Occupational
noise
exposure



Healthy practices

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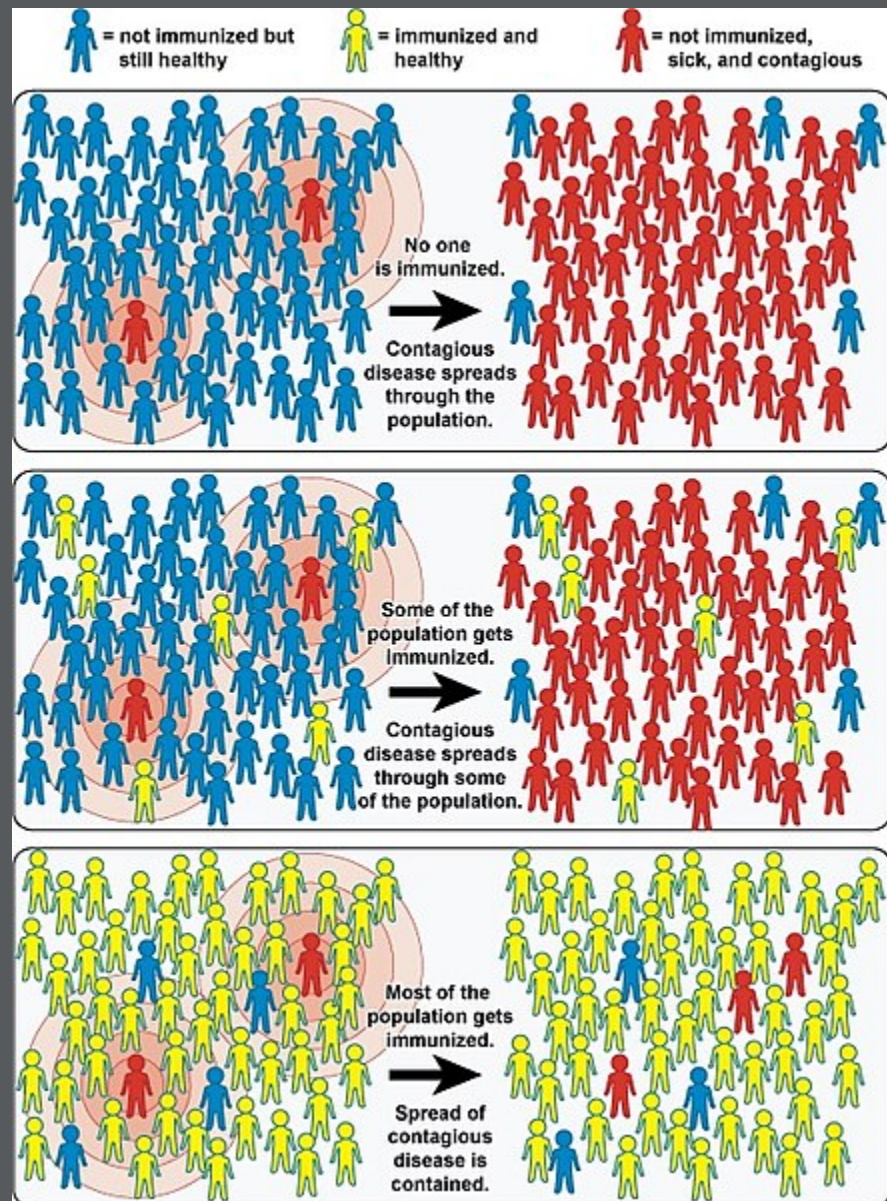
Building
resistance



Immunization



Community immunity



Healthy lifestyle programs and policies



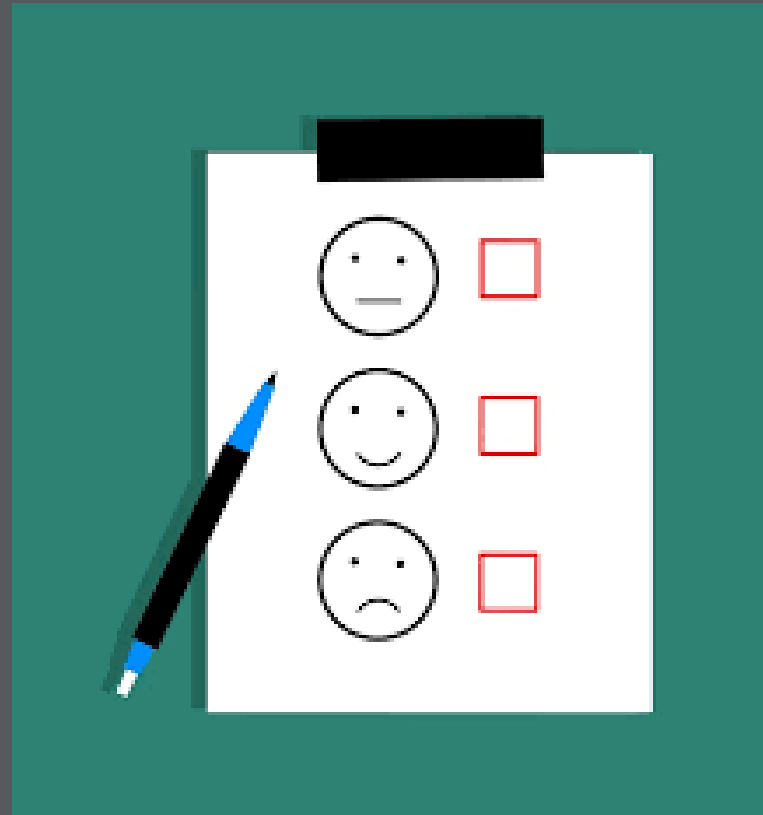
Benefits of programs



Environmental support



Evaluate
effectiveness





Case Study



Summary



How health
is affected



Illness
prevention



How illness
spreads

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Thank You

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