



Atascadero - Pismo Beach - Santa Maria

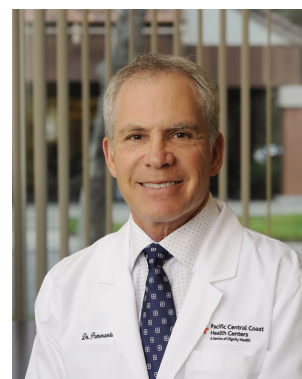
Occupational Medicine Newsletter Summer 2020



COVID-19 Employer Virtual Roundtable with Dignity Health Urgent Care

On July 16th, 2020, Dignity Health Urgent Care (DHUC) hosted its first virtual roundtable featuring health experts and agricultural employers to address the COVID-19 challenges facing our Santa Maria farming community.

Dignity Health's team of experts included Mark Pomerantz, MD (pictured right) of DHUC Santa Maria, Anna Elliott, RN, Director of Employee Health at Dignity Health, and Vicki Warnock, RN, Director of Infection Prevention at Dignity Health. Several local agriculture human resource and safety directors contributed to the lively discussion, including representatives from Black Jack Farms, Cal Central Harvesting, Fresh Venture, OSR Enterprises, RAMCO, Reiter Berry, and West Coast Berry.



Some of the challenges facing our community regarding COVID-19 discussed at the roundtable are:

- educating employees about staying healthy and safe both at work and home
- how to screen employees properly
- COVID-19 testing options
- How to communicate with the Mixteco population

To help address these challenges the following resources were shared:

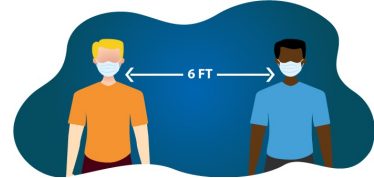
- A video from Santa Barbara County Public Health to share with the Mixteco community: <https://publichealthsb.org/mixteco-video/>

- COVID-19 Flyers in both English and Spanish: [Click here](#)
- For testing - if a patient is symptomatic they can be tested at any of our six Dignity Health Urgent Care locations in Atascadero, Pismo Beach, Santa Maria, Orcutt, Lompoc and our new office in Solvang [Dignityhealth.org/centralcoast/urgentcare](https://www.dignityhealth.org/centralcoast/urgentcare)
- Our urgent care centers utilize Marian Regional Medical Center's lab for test processing, which allows our test result turn-around times to be shorter than some other testing locations

Please contact corinne.friedling@dignityhealth.org for more information about joining a future virtual roundtable.



More COVID-19 Resources



We know that keeping you and your employees safe is a top priority so Dignity Health Urgent Care encourages you to turn to the Centers for Disease Control (CDC) and the Occupational Safety and Health Administration (OSHA) for the most updated resources regarding COVID-19 at the workplace. Dignity Health also offers a COVID-19 information line.

Dignity Health COVID-19 Information line

(805) 332-8276 English
(805) 614-5758 Spanish

Visit your county websites:

[ReadySLO.org](https://www.ready slo.org) or
[Countyofsb.org](https://www.countyofsb.org)

Visit CDC Website

Visit OSHA Website

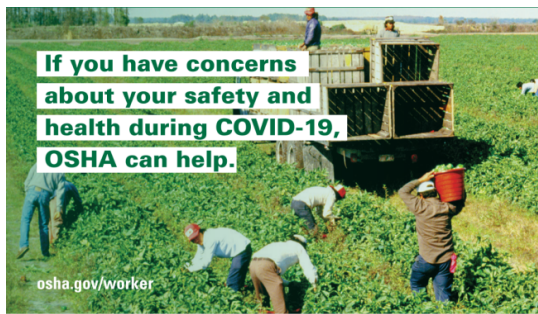
Visit Dignity Health Urgent Care
Occupational Medicine Website

For the most up-to-date
information on COVID-19, please
visit www.dignityhealth.org/phc.



OSHA Pandemic Resources for your convenience...

A wallet card for agricultural workers provides information on staying safe and reporting workplace hazards.



You have a right to:

- A safe and healthy workplace.
- Protection against hazards.
- Report unsafe working conditions.

Call 1-800-321-OSHA (6742) or visit [osha.gov/worker](https://www.osha.gov/worker).



Recommended tips to stay safe:

- Social distance when possible.
- Wear a cloth face covering and gloves.
- Wash hands often with soap and water or use hand sanitizer.
- Avoid sharing tools, if possible.
- Disinfect tools before and after use by another.

OSHA 4069-07 2020

**Report unsafe conditions.
It's confidential.**



Usted tiene el derecho a:

- Un lugar de trabajo seguro y saludable.
- Protección contra peligros.
- Denunciar condiciones de trabajo peligrosas.

Llame al 1-800-321-OSHA (6742) o visite [osha.gov/worker](https://www.osha.gov/worker).



Recomendaciones para mantenerse seguro:

- Practique el distanciamiento social cuando sea posible.
- Use una cubierta facial de tela y guantes.
- Lávese las manos con frecuencia con jabón y agua y use un desinfectante de manos.
- Evite compartir herramientas, de ser posible.
- Desinfecte las herramientas antes y después de cada uso por parte de otra persona.

**Denuncie cualquier condición
de trabajo insegura. Es confidencial.**

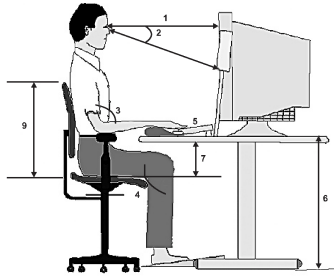
The Benefits of Workplace Ergonomic Assessments

by Brittany Jones, PT, DPT, Physical Therapist at Dignity Health Urgent Care- Santa Maria



- **What is an ergonomic assessment?**
 - A comprehensive assessment that analyzes an employee's workstation to ensure that it is designed adequately to minimize injury and maximize productivity. Ergonomic assessments focus on many key factors that can impact safety and productivity:
 - Physical work demand
 - Posture
 - Workstation design and the equipment that is used to complete tasks
 - Keyboard use
 - Environmental factors such as lighting and noise
 - Equipment suggestions to improve safety and reduce musculoskeletal strain
- **How can an ergonomic assessment benefit your business?**
 - Improve your employee's workplace environment to ensure that their workstations are designed to minimize musculoskeletal stress and subsequently improve productivity
 - Improving ergonomics can reduce workplace injuries and sick days that may be necessary for the employee to recover
 - Over 2.8 million recordable injuries reported in the US in 2018 (BLS, 2018)

- Average of 8 days missed from work due to workplace injury (BLS, 2018)
- Increasing employee engagement by taking the steps to improve the overall health and safety of the work place environment can help improve the overall culture of your organization, which in turn can reduce turnover and absenteeism, as well as improve overall morale
- Promote a safer workplace and establish a culture of safety within your organization
 - Poor ergonomics and employee fatigue leads to lower work quality, which can lead to errors and product quality issues
- Display your commitment to health and safety as a core value of your company
- Ergonomics reduces costs related to work injuries and musculoskeletal disorders (MSD)
 - 33% of worker injuries related to MSDs (BLS, 2013)
 - Indirect costs can be up to 20 times as the direct cost of an injury
 - 1st Aid treatment, production loss, admin/legal fees, etc.
- **Development of ERGO Breaks**
 - Addresses activity warm up and intermittent stretching breaks to address static positions and postures to avoid overuse injuries



**On-Site Ergonomics is now
being offered by Brittany
Jones, PT, DPT and Dignity
Health Urgent Care!**

E-mail your interest to:

corinne.friedling@dignityhealth.org

Did you know that Dignity Health Urgent Care- Santa Maria offers physical therapy? We accept most insurance plans. Contact us at (805) 922-5003 for more information.



Study Finds Association Between Restrictions and WC COVID-19 Claims

08/04/20 Nancy Grover San Diego, CA
(WorkersCompensation.com) –

"The number of workers' compensation claims is closely correlated with COVID-19- related openings and closures across the country," according to a new study. "Industries affected by stay-at-home orders, such as education and accommodation services, saw a decline in claims. When some areas started relaxing guidelines in June, claims rose again.

For its study, Mitchell Research looked at its workers' compensation claims from January through the end of June, "noting that the data confirmed many trends it expected to see," it said. Not surprisingly, it found the healthcare sector represented the majority of COVID-19 related claims, "about two thirds ... and more than nine times more than any other group."

Public administration had the second highest number of claims, with 7 percent. Educational services had 4 percent of the claims as did manufacturing, while transportation and warehousing had 3 percent.

"Industries that have become essential during the pandemic—healthcare, trucking, warehousing—have seen an increase in workers' compensation claims throughout the pandemic, while most others have seen a decrease," the report said. "Moving forward, we expect that the majority of COVID-19 claims will continue to come from the healthcare industry, though other industries may see increases as states change COVID-19-related guidelines. We expect that this will follow a logical pattern; for example, as restaurants and retail stores are allowed to open, the accommodation and food services and retail trade industries may see growth in the number of COVID-19 claims."

Between March and May, claims were generally down in industries that had stay-at-home orders and those whose employees worked from home. That changed in June.

"... when many states began relaxing COVID-19 guidelines and allowed businesses such as restaurants and retail stores to resume operations, workers' compensation claim counts began to rise," according to the report. "As the pandemic goes on, we expect to see a similar pattern of claim frequency as states tighten and loosen restrictions."

The author said this trend will likely continue. "Claims organizations should expect ebbs and flows in claims frequency throughout the year, and should closely monitor claims data in virus hot spots to guide business decisions as situations change throughout the country."



Working From Home? Don't Forget To Keep Moving



by Lisa Vasak, MD Dignity Health Urgent Care- Atascadero

It's August and the middle of summer, YAY! Unfortunately, we all are still in the middle of the COVID-19 pandemic, BOO! I have heard from many people that they have gained weight during this quarantine period. Although it has been a little warm in Atascadero, there's no better time then now to get outside and get moving. An easy and fun exercise for those of you who have a dog, is taking your furry friend for a walk. If you don't have a dog, take yourself or a grab a friend for a walk and start early in the morning before it gets too hot. Exercising along with decreased caloric consumption is the best way to start on a

weight loss plan. Even if you prefer to stay inside you can still do indoor walking on a treadmill or walking in place and don't forget about stretching. Less couch time and more up and around time will benefit your body and your mind! Less snack time and more activity time will give you more energy while helping you lose those unwanted quarantine pound! Exercise does not need to be painful or stressful. Making daily exercise a normal routine is the long term health goal. Do remember your mask when outside around other people. Stay 6 feet apart from others, keep well hydrated and wear sunscreen! Have fun and see you on an Atascadero walking trail.

EVENTS



Lisa Vasak, MD will be speaking about COVID-19 in the Atascadero Chamber of Commerce Coffee Talk "Ask the Expert."

It's scheduled for September 16th from 8:30am-9:00am. Please contact the Atascadero Chamber to sign up at atascaderochamber.org. Reservations are limited to 50 people, so sign up early.

SAFETY FIRST

**THINK SAFE
WORK SAFE**



Services at a Glance

Employment Examinations:

Physicals including DOT/DMV, Fitness for Duty Exams, and

Respirator Exams:

Respirator and mask fit, currently subject to availability of supplies due to COVID-19

Drug Screening:

Pre-employment, reasonable suspicion, post accident, random, E-screen 5 and 10 panel

Breath Alcohol Testing:

Pre, post, random or cause

Vaccinations:

Hep A, Hep B, Flu, Tetanus, T-dap, Rabies

Testing Services:

Pulmonary function, audio, vision, grip, TB tests

Work Injuries:

Back and neck injuries, lacerations and burns, eye injuries, extremity injuries, all minor trauma

Meet Our Providers



David Christensen, MD

Dignity Health Urgent Care, Pismo Beach

Dr. Christensen has been practicing medicine for more than 20 years. He is board certified in Emergency Medicine. He earned his Doctor of Medicine from Loyola University, Chicago. He is experienced in Occupational Medicine and Workers Compensation cases.

Mark Pomerantz, MD

Dignity Health Urgent Care, Santa Maria

Dr. Pomerantz has been practicing medicine for more than 35 years in the



Santa Maria community. He earned his Doctor of Medicine from the USC School of Medicine. He has experience in Occupational Medicine and Workers Compensation cases.



Lisa Vasak, MD

Dignity Health Urgent Care, Atascadero

Dr. Vasak has been practicing medicine for more than 25 years in California and on the Central Coast since 2013. She is Board Certified in Internal Medicine and earned her Doctor of Medicine from New York Medical College. She specializes in Urgent Care, and has experience in the areas of Occupational Medicine and Workers Compensation cases.



Guy Zimbardi, MD

**Dignity Health Urgent Care,
Pismo Beach and Santa Maria**

Dr. Zimbardi has been practicing medicine for more than 23 years in both New York City and Southern California. He is Board Certified in Occupational Medicine, earning his Doctor of Medicine from Boston University and his Masters degree in Public Health from the University of Pittsburgh.

[Click here to email Corinne Friedling, Manager of Business Integration at Dignity Health, for your Occupational Medicine questions or needs.](#)



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2271 South Depot Street Santa Maria **805-614-9000**