

ON THE LEVEL

BALANCING INDUSTRY & ASSOCIATION NEWS

On The Level - November 2018



VPPPA Members Receive a
10% Tuition Discount



LOCKPOINT

MOBILE SAFETY CENTER

Upcoming Events & Deadlines

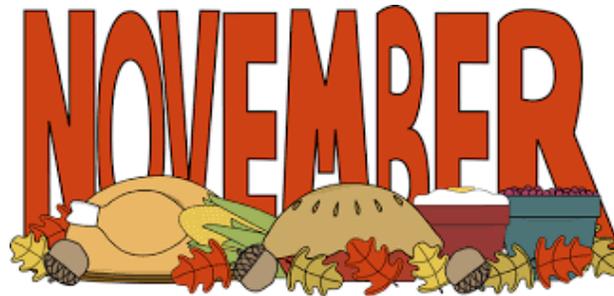
[Membership Renewal](#)
Now

[Take Our Membership Survey](#)

Safety & Health News Round-Up

[Majority of truck drivers have musculoskeletal pain, survey results show](#)
(Safety+Health)

[How dangerous are robotics to workplace safety, really?](#)
(ISHN)



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VPPPA wishes everyone a happy and safe Thanksgiving holiday next week!



[CLICK HERE](#) to register and learn more
[SUBSCRIBE](#) to the OSHA 30/30 podcast

OSHA 30/30 Podcast

Manesh Rath, a partner at Keller and Heckman, LLP, hosts OSHA 30/30, a podcast series that covers OSHA issues for 30 minutes every 30 days. Mr. Rath is a trial and appellate attorney with experience in general commercial litigation, wage and hour and class action litigation, occupational safety and health (OSHA) law, labor law, and employment law. Listen and subscribe on your favorite podcast streaming service (iTunes, Podcast Addict). Podcasts are a great way to listen and learn while on-the-go.

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Congratulations To Our Costume Contest Winner

We are thrilled with the amazing response to our Halloween Costume Contest this year, and loved seeing all of your entries. Congratulations to our winner, Khatri, from Hunter Douglas, who received over 100 "likes" on his photo. Check out his winning costume on the right.

You can also head to our [Member Center](#) page to see a few more of our favorite Costume Contest submissions. Be sure to "like" our [Facebook](#) page so you don't miss any upcoming contests or giveaways. We have a ton of fun things in the works for the future.



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Department of Labor Issues Opioid Action Plan

The Department of Labor Office of Workers' Compensation Programs has released a four-point Opioid Action Plan intended to help combat opioid misuse among injured federal employees. A quick guide of the plan includes:

1. Effective Controls

Approach: Institute broad general controls followed by targeted controls

2. Tailored Treatment

Approach: Apply a compassionate, individualized treatment approach to every injured federal worker receiving opioids.

3. Impactful Communications

Approach: Issue communications using both general and targeted messaging.

4. Aggressive Fraud Detection

Approach: Eliminate fraud and abuse in the federal workers' compensation system.

You can read an expanded version of the strategic plan on the Department of Labor website, [here](#). The opioid epidemic is a rising concern each year. According to the Centers for Disease Control, "drug overdoses killed about 72,000 Americans last year, a record number that reflects a rise of around 10 percent." You can read more about substance abuse in the workplace in the Autumn issue of VPPPA's quarterly award-winning magazine, *The Leader*, hitting mailboxes now.

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November is Diabetes Awareness Month

Did you know that November is National Diabetes Month? In addition, November 14 was [World Diabetes Day](#). This month is a time to bring awareness to diabetes and the impact the disease has on millions of Americans. According to the National Institute of Diabetes and Digestive and Kidney Diseases, "Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough-or any-insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy."

This year's [National Diabetes Month](#) is focused on promoting health after gestational diabetes. Gestational diabetes is a type of diabetes that develops during pregnancy. Mothers who've had gestational diabetes need to know that they and their children have an increased lifelong risk for developing type 2 diabetes. Most of the time,

gestational diabetes goes away after the baby is born. Even if the diabetes goes away, you have a greater chance of getting diabetes - and your child from that pregnancy is at future risk for obesity and type 2 diabetes. In fact, half of all women who had gestational diabetes go on to develop type 2 diabetes.

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Association Announcements

Write for a VPPPA Publication

Have you checked out the [VPPPA Blog?](#) Send us an article regarding any safety or health topic, and we will consider adding it to our blog schedule.

If you would like to write for a VPPPA publication, or know of someone who is interested, please email communications@vpppa.org. We look forward to hearing from you!

Membership News

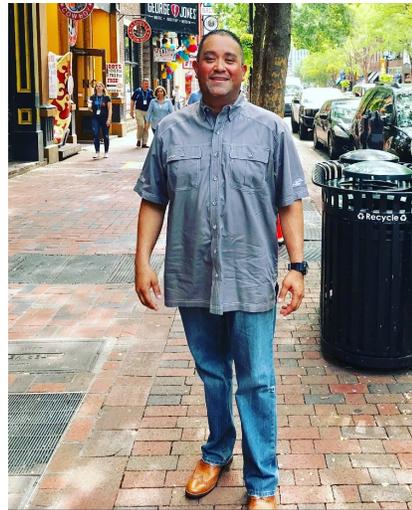
If you have any news or pictures from your site that you would like to share (an award, a VPP approval, a member who went above and beyond, etc.), please send it to communications@vpppa.org. We would love to add your updates to the next On The Level newsletter or post it on our social media pages.

Member of the Month

Have you checked out the [Member of the Month](#) section on our website? If you would like to nominate someone as the VPPPA Member of the Month, please email membership@vpppa.org.

The November Member of the Month is Erik Romo. You can read about him [here!](#)

Congratulations, Erik!



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Stay Connected



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VPPPA, Inc., a nonprofit 501(c)(3) charitable organization, promotes advances in worker safety and health excellence through best practices and cooperative efforts among workers, employers, the government and communities.

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