



Maine Labor Group on Health NEWS

June 5, 2017

Volume 1, Issue 1

Special points of interest:

- Open Enrollment Training
- MLGH now offering CPR and First Aid Training!
- MLGH Worker's Memorial Breakfast recap

SAVE THE DATE



MLGH
Annual

SAFETY RETREAT

September 25, 2017

Maine Labor Group on Health

June Open Enrollment Classes



40-Hour Initial General Industry Hazwoper:

When: 8am–4pm, June 19 to June 23

Where: Central Maine Community College, Auburn

Cost: \$475/person

CPR—First Aid—AED

When: 8am–12pm June 30

Where: Viles Arboretum, Augusta

Cost: 69.00/person

To register call us at 622-7823 or email to mlgh@gwi.net



MLGH has developed a Hot Works Fire Safety Program.

[Email US for Info](#)

National Safety Council CPR/FA

MLGH is now offering National Safety Council CPR, First Aid and AED training.

Every five years, guidelines detailing how rescuers should perform vital first aid and basic life support techniques are updated based on medical research. The National Safety Council is at the leading edge of this process.



Authorized Training Center

NSC First Aid is available at an affordable price and has been updated to meet or exceed the 2015 CPR and ECC Guidelines. From OSHA compliance to workplace wellness, effective first aid and CPR training is vital to your organization's safety.

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MLGH Workers Memorial Breakfast—May 28, 2017

As is tradition, MLGH cooked up a breakfast, and set to remembering the 20 Mainers who perished while on-the-job in 2016.

To help us memorialize and look to the future of continuing improvement in worker health and safety was OSHA Area Director Maryann Maderios, Pamela Megathlin—Director of Maine Bureau of Labor Standards and Cynthia Phinney—President of

Maine AFL-CIO.

Big THANKS to all who attended!



Maine AFL-CIO President Cynthia Phinney

speaks at MLGH Workers Memorial Day Breakfast



Worker's Memorial Day
Annual Breakfast:

Call To Action

Join the Maine Labor Group on Health for our annual Breakfast dedicated to remembering the men and women who have lost their lives on the job.
April 28, 2017 8:00 am to 9:30 am.
Papefetter's Hall # 21 Gabriel Drive
Augusta, Maine
Maine Labor Group on Health at
<http://mlgh.gwi.net> 2017-02-20 10:00 am on our Facebook page

Maine Labor Group on Health

Ticks are generally found in brushy or wooded areas, near the ground; they cannot jump or fly.



Adult deer tick (*Ixodidae Scapularis*) also known as the black-legged tick

Ticks are attracted to a variety of host factors including body heat and carbon dioxide.

Ticks will transfer to a potential host when one brushes directly against them and then seek a site for attachment.

Unsubscribe from [MLGH News](#)

Powassan Virus: Another Deer Tick Disease

Deer ticks, yes those same guys that are responsible for Lyme disease, have also been implicated in another dreaded disease. The Powassan virus is starting to rear it's head in southern and mid-coast Maine.

The Powassan virus is still very rare in Maine but can be deadly when contracted. A Study done last year by the Maine Medical Research Institute tested 224 tickpools throughout the state, 17 were found positive for the virus. The positive ticks were mostly

located in Southern Maine. With none found east of Mount Desert Isle.¹



According to the US Center for Disease Control and Prevention, the virus can cause fever,

headache, vomiting, weakness, confusion and seizures, and may also lead to meningitis and brain swelling, a devastating complication that kills 10 percent of those who develop it.

1—<http://tinyurl.com/yakuw4dz>

Symptoms may include: fever, headache, vomiting, weakness, confusion, seizures, and memory loss. Those with Powassan Encephalitis can also experience long-term neurologic problems.

Avoiding the Ticks

Lots of easy things you can do to minimize your chance of contracting a tickborne disease:

- Avoid tick habitat: Ticks are in wooded areas and hang out in tall grasses. They're prevalent near and along waterways and wherever there is a large deer population.
- When in the woods stay on paths as much as possible, keep your lawn and outside spaces mowed and free of tick habitat.
- Do your TICK CHECKS whenever coming out of the woods before entering the house/car/office.
- Wear light colored clothes, close off gaps where ticks can get up your pants or sleeves.
- Use repellent, with DEET. This is good for all sorts of

bugs bites (Remember: Mosquitos carry disease too).

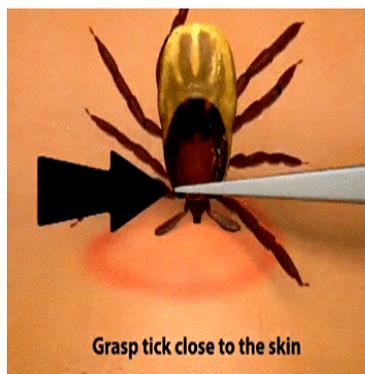
- For more heavy duty chemical warfare against the tick use insecticide infused clothing.



Ticks continued...

If after-all you end up finding a tick having dinner—on you, remove it with a fine-nosed tweezers, pull it out by the head. Try to get the whole thing. Clean the bite with an antiseptic and monitor it for infection.

Depending on the severity of the feeding you may want to consult your doctor.



There are lots of resources on the web to learn more about vector borne diseases in Maine. A few of my favs:

[Maine CDC Division of Infectious Diseases](#)

[NIOSH Tick Borne Diseases](#)

[LymeDisease.org](#)

[The Maine Medical Research Institute: Ticks in Maine](#)

Workplace Training: OSHA Rights and Responsibilities

More than 4,500 U.S. workers who lose their life on the job every year as a result of a traumatic event. The death toll from longterm exposure to toxic chemicals and other workplace hazards is even higher. An estimated 95,000 workers die each year(1).

Under the Susan Harwood Grant Training Program, issued by the Federal Department of Labor, MLGH partners with the National Council for Occupational Health and Safety (NCOHS) to provide training and education for workers and employers on the recognition, avoidance, and prevention of safety and health hazards in their workplaces, and to inform workers of their rights and employers of their responsibilities under the OSH Act. Target audiences include underserved, low-literacy, and workers in high-hazard industries. Since 1978, over 2.1 million workers have been trained through this program

MLGH offers this course and others at no cost to workers and/or employers.

OSHA RIGHTS AND RESPONSIBILITIES

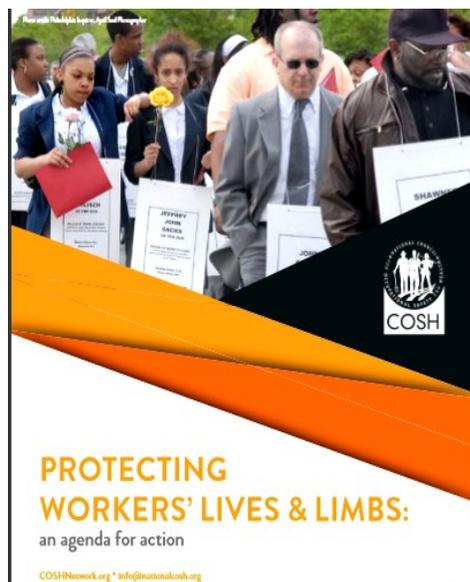
Workers are taught their basic health and safety rights and responsibilities under the OSH Act. Topics include hazardous communications, how to read MSDS, Right to Refuse, and Right to Complain. Courses are designed to the audience needs and time frame.

[Email us for more info...](#)

MLGH will customize the content of each workplace course to best meet the needs of the individual workplace.

National Council for Occupational Safety and Health Policy Platform

The National Council for Occupational Safety and Health is dedicated to promoting safe and healthy working conditions for all working people through organizing and advocacy. Our belief that almost all work-related deaths and serious injuries and illnesses are preventable



PROTECTING WORKERS' LIVES & LIMBS agenda are common sense solutions to advance a vision we all share: ensure that all U.S. workers go to work in a safe and healthy job and can return to their home and families without injury or illness.



Maine Labor Group on Health

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**Serving Maine's workers since
1977**



Become a MLGH Member!

Name/
Organization: _____

Billing Address: _____

Phone: _____

I choose to support MLGH by Becoming a member:

- Suggested annual membership—\$50.00
 Other: _____

email form to MLGH at mlgh@ghi.net or
mail to: MLGH, P.O. Box 5197, Augusta ME 04332

We're on the web!

www.mlgh.org
[Facebook.com/laborgroup](https://www.facebook.com/laborgroup)

About Maine Labor Group on Health:

The Maine Labor Group on Health was founded in 1977 by trade unionists concerned with work-place health and safety issues and with other health care issues such as the cost of health insurance. The MLGH emerged in March 1977 through meetings in Portland and Bangor to discuss the health concerns of local union leaders in Maine.



MISSION

The purpose and objective of this cooperation shall be to educate Maine's working people about health and safety in the workplace and to function as a statewide advocate for working people within the occupational healthcare system.