



June 2018

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What's the Difference?

Learning the Difference Between the TPA and MCO and How They Can Help our Employees Get Back to Work

David McKibben began his career in workers' compensation in 1985, holding positions as Hearing Representative, Regional Sales Manager, Regional Manager and Account Executive. He has extensive experience in all aspects of workers' compensation at both the state funded and self-insured levels.

David earned his BA in Economics from John Carroll University and MA in Economics from the University of Pittsburgh.

Upcoming Meeting Dates:

July 26, 2018 –
Roundtable Discussion
on Wellness Programs,
Alliance area
companies

August 23, 2018 –
Medical Marijuana
Update

September 27, 2018 –
Fire Safety



This month we welcome Jean Fortney with American Heart Association as our Spotlight company this month!

ASK ROBIN

Q: What are the risks associated with energy drink consumption and how can it affect employees in the workplace?

A: The researchers state that the health risks associated with energy drink consumption are primarily related to their caffeine content.

Researchers from the [World Health Organization \(WHO\)](#) have written a [narrative review](#) of studies on the health risks associated with energy drink consumption and policies related to energy drinks.

Some of the potential risks associated with energy drink consumption include:

- caffeine overdose (which can lead to a number of symptoms, including palpitations, high blood pressure, nausea and vomiting, convulsions and, in some cases, even death)
- type 2 diabetes – as high consumption of caffeine reduces insulin sensitivity
- neurological and cardiovascular system effects in children and adolescents
- sensation-seeking behavior
- use and dependence on other harmful substances
- night-time sleep difficulties and daytime sleepiness

Energy drinks also contain a variety of other ingredients, such as Taurine and Guarana, and the effect of long-term regular consumption of the combination of the substances in energy drinks is unknown.

Excessive consumption of energy drinks can result in dehydration if other appropriate fluids (water, electrolyte solutions, etc.) are not consumed throughout the day. Employees working outside in the summer or in hot work environments in general, can be more prone to heat illnesses.

Overall, excessive consumption of energy drinks may lead to employees putting themselves at a greater potential for accidents/injuries/illnesses in the work environment through dehydration, sleep deprivation, damaging neurological and cardiovascular effects and other adverse effects of the ingredients in energy drinks.

UPCOMING BWC TRAINING CLASSES

BWC Classroom Training at the North Canton Office:

- July 17th** **First Aid in the Workplace**
- July 24th** **Nonviolent Strategies for Caregivers and Other Staff
Working Directly with the Public**
- August 2nd** **Bloodborne Pathogens (a.m.)**
- August 2nd** **Behavior-based Safety Systems (p.m.)**



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