



## Occupational and Environmental Medicine Lecture Series

Photo: Wikimedia Commons

Occupational and environmental health exposures cause thousands of illnesses and injuries each year.

This lecture series addresses the evaluation, treatment, and prevention of disease and injuries related to environmental and occupational exposures encountered by physicians and their colleagues in local, regional, and international settings.

At this venue for education and professional networking, join us as we explore:

- \* Current issues and emerging trends in occupational and environmental medicine
- \* Practical applications of new scientific discoveries
- \* Best practices in occupational and environmental medicine

### **\*NEW Location\***

#### **UW Medicine South Lake Union**

**850 Republican St Building C, Seattle, WA 98109**

*Complimentary parking available in SLU garage*

6:00 pm Networking with hors d'oeuvres    6:15 Dinner    6:45 Lecture  
OR attend via live webinar

**Wednesday May 4, 2016**

## **A Participatory Approach to Reducing Discomfort and Injuries among Custodial Workers—Essential Clinical and Organizational Lessons Learned**



### **Speaker: Debra Milek, MD, PhD, MPH**

*Medical Director, Occupational and Environmental Medicine Clinic at Harborview Medical Center*

*Associate Professor, General Internal Medicine, UW Medicine*

*Adjunct Professor, Environmental and Occupational Health Sciences, University of Washington School of Public Health*

**Nearly 6% of custodial workers in Washington State suffered musculoskeletal injuries severe enough to result in days away from work in 2014\*, with many more experiencing work-related physical discomfort on a regular basis. Custodian injuries are the third largest source of UW workers' compensation claims. Ergonomic interventions can help prevent painful and costly musculoskeletal injuries and discomfort for workers in this physically demanding industry.**

The UW Department of Environmental Health & Safety recently partnered with UW Facilities Services in bringing together custodians, supervisors, health and safety personnel, and upper-level management to collaborate on a research and intervention project focused on custodial workers.\*\* A collaborative approach was taken to evaluate the work place, work tools and practices, and current training to identify potential ergonomic hazards and opportunities for interventions and improvement.

**Join us on May 4th** as principal investigator Dr. Debra Milek discusses the findings from this UW study, and how researchers, healthcare workers, and employees can work together to identify problem work tasks and craft effective solutions to improve overall worker safety, health, and productivity. Dr. Milek will discuss important clinical and administrative perils and pitfalls, important for all involved in occupational health.

\* Washington State Department of Labor & Industries Technical Report 40-12-2015-a, Feb. 2015 \*\* This study was funded by a Safety and Health Investment Project (SHIP) grant from the Washington State Department of Labor and Industries.





## Registration

Registration includes parking, dinner, and lecture. Enrollment is limited. Advanced registration is required four business days prior for those attending the dinner lecture.

Register online at [osha.washington.edu](http://osha.washington.edu) or call 206-543-1069.

A la carte Dinner Lecture: \$ 60  
\*New\* Webinar: \$ 25

A \$50 late fee will apply to all dinner lecture registrations after April 25, 2016

### Cancellation policy:

Participants may cancel up to one week prior to the event. After this date, fees will be forfeited. Substitutions will be accepted with written notice one week prior to the event.

## Speaker Bio

Dr. Debra Milek is an Occupational Medicine board certified physician with nearly 25 years in practice. Previously on the faculty of Mount Sinai School of Medicine in New York City, Dr. Milek has been at the UW since 2012, with faculty positions in the Departments of General Internal Medicine and Environmental & Occupational Health Sciences. She is the Medical Director of the Occupational and Environmental Medicine Clinic at Harborview, and of the Harborview Center of Occupational Health Education (COHE). Additionally, she is a Medical Director of UW Campus Preventive Health, and Lead of the Occupational Medical Section of the Harborview Injury Prevention Research Center (HIPRC).

Dr. Milek earned her bachelor's degree from Rutgers University, an MPH from Columbia University School of Public Health, and a PhD in Molecular & Cellular Biology from the Medical University of South Carolina. She graduated medical school from the University of Medicine and Dentistry of New Jersey and completed residencies in General Internal Medicine, Preventive Medicine and Occupational Medicine.

With interests and expertise in treatment and prevention of work-related injuries and illnesses, Dr. Milek has a particular focus on musculoskeletal disorders and ergonomics. She was awarded a SHIP grant involving UW Facilities Services custodians in a participatory ergonomics project and is on the Harborview Safe Patient Handling Committee, which attempts to address the greatest source of workers' compensation costs at Harborview and UW Medical Center. She has been awarded both a Patients' Choice Award and received a Compassionate Doctor Recognition.

"I believe in comprehensive care with the patient very involved in their own recovery."

## Intended Audience

Occupational and Environmental Medicine Physicians, Physician Assistants, Nurses, and other health care professionals involved in treating patients with multiple or complex medical conditions in occupational and medicine.

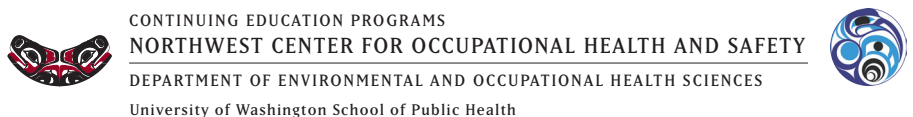
## Accreditation

CME, CNE, & IACET are available for Grand Rounds!

Visit [osha.washington.edu](http://osha.washington.edu) for full accreditation and disclosure information.

## Sponsors

Northwest Center for Occupational Health and Safety, Department of Environmental and Occupational Health Sciences, University of Washington School of Public Health



The University of Washington is committed to providing access and reasonable accommodations in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or [dso@u.washington.edu](mailto:dso@u.washington.edu) (e-mail).