



AdvanceMed Hanford

Occupational Health Services

PRESENTATIONS & TRAINING

Speakers are available to present the following topics at your safety or other work group meetings.

HEALTH EDUCATION/INDUSTRIAL FITNESS & REHABILITATION

For more information or to schedule contact: 376-3939

- Bloodborne Pathogens
- Cholesterol
- CPR/AED First Aid Guidelines
- Diabetes
- Exercise/fitness Programs (stretch, resistance training, core, balance)
- The Fundamentals of Exercise
- General Health Education Services
- Health Coaching (a service, not a presentation)
- Heart Health
- Heat Stress
- Musculoskeletal Health-Preventing Cumulative Trauma Disorders
- Osteoporosis
- Preventive Screening
- Quarterly Health Fairs (not a presentation, but a service)
- Stroke
- Summer Health
- Thera-band Resistance Exercise Training
- Tobacco Cessation
- Weight Management

BEHAVIORAL HEALTH SERVICES

For more information or to schedule contact: 376-4418

- Alcohol and Aging
- Caregiver Stress
- Cognitive Change for Self-Improvement (weight lost)
- Communication/Effective Listening
- Dealing with/Managing Difficult People
- Depression
- Domestic Violence
- Holiday Stress
- Humor in the Workplace
- Issues of Sexual Harassment
- Juggling Multiple Responsibilities
- Mindfulness and Relaxation Exercises for Healthy Eating
- Recognizing and Responding to Changes in Employee Behavior
- Safe and Drug-Free Workplace
- Sleep for Safety
- Stress and Coping with Change
- Substance Abuse Detection, Prevention, and Treatment

RISK COMMUNICATION

For more information or to schedule contact: 376-6433

- Bloodborne Pathogen Training
- Energy Conservation and Other Environmental Concerns
- Health and Productivity Management
- Health Effects of Hexavalent Chromium
- Health Effects of Mercury
- Infectious Diseases at the Workplace
- MRSA (Methicillin-resistant *Staphylococcus aureus*)
- Over-the-Counter Drug Abuse
- Pandemic Influenza Preparedness: Be Prepared, Not Scared
- Rapid-Fire Pot Pourri of Important Public and Hanford Health Issues
- Risk Communication: When, Why and How
- Toxicological Principles