

To prevent is better than to cure. A statement often heard, but unfortunately not put into practice often enough. Every year during the flu season at Medwork we see sick leave numbers on the rise for almost all companies enrolled in our Sick Leave Management program. An employee suffering the flu will usually be away from work for a period of three up to seven days and often more than one person within the same department will become ill at the same time. The Medwork flu prevention training is without a doubt one of the easiest ways to prevent a seasonal flu from having a serious impact on the productivity of your workforce.

Flu versus cold

Anybody can get contaminated with a virus and a person's physical health and the vitality of this person's immune system will determine whether or not he or she will get sick. A cold usually presents itself as a combination of symptoms causing mild discomfort and normally an employee suffering a cold is able to keep performing his or her duties for your company. A flu however is more severe and will impair an employee from performing duties for a period of time.

A flu is a flu

Every few years the world is gripped by the fear of a pandemic flu threat. The 'normal' seasonal flu however, is just as dangerous and just as responsible for fatalities. Every year tens of thousands of people in the United States alone die from the consequences of a seasonal flu.

Productivity versus prevention

One of the simplest measures to take in the workplace is to ask employees who are suffering a flu and are at clear risk of contaminating co-workers to stay home until symptoms subside. This may sound bad for the productivity of your working force, but it's still one of the best ways to prevent co-workers from contaminating each other, leading to several sick people in the same department at the same time.

Who contaminates who?

We should be more afraid of ourselves than of a person sneezing or showing other symptoms of a viral infection. In most cases we contaminate ourselves by touching our mouth, nose or eyes with fingers that contacted a contaminated surface. Grabbing hold of a shopping cart is clearly more dangerous than a sick person sitting 10 feet away from you.

The Flu Prevention Training

The training is a one hour lecture suitable for all staff members within your company. Especially employees who fear that their frequent contact with customers puts them at greater risk of being contaminated will greatly benefit from this easy to understand program.

Apart from taking away many of the myths and fears about contamination, this training will contain information on:

- Difference between cold and flu
- How contamination works
- Latest updates in event of pandemic threat
- Correct use of protection materials
- Disinfection tips
- Tips for boosting immune system.

Flu prevention plan

The flu prevention training for your employees is part of the flu prevention plan. Besides offering trainings Medwork is able to provide you with flu information on a managerial level.

LIKE TO KNOW MORE?

Do you wish to know more about a flu prevention plan? Feel free to contact us through info@medwork.aw or call us at +297 587 8880.

