

BITS & PIECES

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INITIATIVE VS. IDLENESS

Submitted by: David L. Dolanar, Deputy Executive Officer

Recently, I read an article which brought to my attention the responsibilities we have as county employees regarding safety and accident prevention. It has to do with recognizing and doing what needs to be done before you are asked to do it.

“Initiative is the quality of beginning – of getting something going. It is the quality of origination. Initiative is a close cousin to obedience. Obedience, however, is doing what I am responsible to do after being told; initiative is anticipating what needs to be done and doing it before being told”.

“Seeing a scrap of paper on the floor, the silent voice of orderliness whispers, “Pick it up and throw it away.” Seeing that a friend is in need, the quiet voice of generosity says, “Do what you can to help.” Seeing that a project is going to require overtime, the voice of availability suggests, “Postpone your personal plans for this evening and see this task through to completion.”

Safety and accident prevention fit the definition of initiative and anticipating what needs

to be done to protect ourselves, our coworkers, the public and our families from harm. We are all aware of the many safety training classes that are available and have been attended. The key to being safe and preventing accidents is to make this learning process a high priority in our lives.

We have to be independent in safety! “Independence is not the absence of supervision rather the transfer of responsibility from an external supervisor to an internal one.” Initiative is the key to this transfer of responsibility. When a person fulfills his/her duties without being told and heeds the silent voice of character when he/she sees needs, the power of independence is demonstrated.

Stanislaus County has made significant progress in the areas of safety and accident prevention. We need to congratulate ourselves for making this a priority in our workplace and at home. Being aware and taking the initiative in accident prevention and safety has certainly proven far better than being idle and inattentive.

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DO THE RIGHT THING EVEN WHEN IN DOUBT

Submitted by: Peggy Huntsinger, Disability Manager

Recently, I read an article which touched on ethics. Anytime you face an ethical dilemma, ask yourself: “If I go through with this, would I mind seeing it reported in tomorrow’s news?” If you answer, “I’d be fine with it,” go ahead. If you’re not sure, ask yourself:

1. “Would this decision mesh well with the organization’s mission, vision and core values?”

2. “Would it be good for the customer?”
3. “Would it be good for the organization?”
4. “Would it be good for me?”

If you answer “yes” to all four, you may wish to consider it. If you answer “No” or “Maybe” to any, ask your mentors, trusted advisers or friends what they would do.

“Destiny is not a matter of change, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.”
- William Jennings Bryan (1860-1925)

“In order to keep a true perspective of one’s importance, everyone should have a dog that will worship him and a cat that will ignore him.”
- Dereke Bruce

UNHAND THAT MOUSE!

By: John Turner, Safety Rep. Community Service Agency




Placing the hand on the mouse puts the arm and wrist into slightly stressed positions. There are a variety of things you can do to reduce this stress.

Don't leave your hand on the mouse unnecessarily. When reading or otherwise not moving the pointing device, let go. Rest your forearm on the armrest of your chair.

Don't grip the pointing device tightly. Little force should be needed to grasp the device and move the cursor,

Don't over-reach for the mouse. It should be placed close to the keyboard, and at the same height. If you will be pointing and not keying for a while, get closer to the mouse by rolling your chair to the side.

Use **keyboard shortcuts**, instead of the mouse. These may be quicker, involve less reaching, and use just one or two fingers instead of the whole hand.

- ◆ "Start" new programs or open documents by using the key with the Windows flag . Look for the underlined letters on the list. For example, hit "P" to bring up pro-

grams. Then use the up and down buttons to highlight what you want, and hit Enter.

- ◆ "Page Up/Down" buttons or keyboard arrows instead of scroll bar with the mouse. You may need to click on the window first.
- ◆ "Tab" moves the cursor to the next field. Shift + Tab moves it back.
- ◆ "Enter" to push a highlighted button.
- ◆ "Esc" to go back or close a window. You may want to test how this works in different applications, after first saving your work.
- ◆ "Alt" + space bar to minimize, maximize or close windows.
- ◆ Hold "Alt" and touch "Tab" to change between active programs.
- ◆ Hold "Ctrl" and touch "Tab" to change pages in the same program.
- ◆ "Alt" + ← or → to move forward or back on web pages.
- ◆ "Ctrl" + "P" to print.

Try these right now, and experiment with them to see what works for you. Not all shortcuts work the same in all applications. Find other shortcuts and tell your friends!

CELL PHONE USE QUADRUPLES CAR CRASH RISK

Submitted by: Ed Fenton, Liability Claims/Insurance Manager

Drivers distracted by cell phone conversations quadruple their risk of a serious accident, according to new research from Australia.

The University of Sydney study also found that hands-free mobile phones are no safer than hand-held mobile phones while driving.

Researchers analyzed data on 456 drivers who owned or used mobile phones and had been in a traffic crash resulting in injuries requiring hospitalization.

As part of the study, they interviewed the drivers and used phone company records to assess their mobile phone use immediately before the crash and during trips occurring at roughly the same time of day; 24 hours, three days, and seven days before the crash. This meant, in effect, that researchers could compare crash risks on the same driver at the same time of day, with the only difference being whether or not they were using their cell phone.



Reporting in the online edition of the British Medical Journal, they found that cell phone use occurring in the 10 minutes prior to a crash was linked to a quadrupled risk of having an accident. The researchers also found similar results for the interval of up to five minutes before a crash.

This link between mobile phone use and increased crash risk held true irrespective of driver age, sex, or whether or not he or she was using a hands-free mobile phone, the researchers added in a prepared statement.

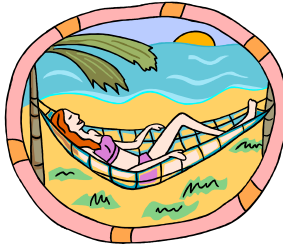
The primary responsibility of the driver is to operate a motor vehicle safely. The task of driving requires full attention and focus. Cell phone use can distract drivers from this task, risking harm to themselves and others. Therefore, the safest course of action is to refrain from using a cell phone while driving.

SUN PROTECTION, UVA RAYS AND SUNSCREENS: WHAT YOU NEED TO KNOW

By: Michele Hunter, Executive Secretary

To help Stanislaus County employees with saving their skin year round, the CEO-Risk Management Division has prepared the following information that we hope you will find informative and useful.

There are two basic types of "ultraviolet rays" that are the most damaging to the skin; UVB rays that cause skin cancers and UVA rays that penetrate more deeply into the skin, causing premature skin aging. There are approximately 500 times more UVA rays than UVB rays. Harmful UV rays can also reflect off water and light colored surfaces (e.g. concrete, sand, and snow). This can double the amount of UVB rays that strike your skin. UV rays also reach three feet below the surface of water. Considerable exposure to UVA rays can even occur in the shade.



UVB long considered the "tanning ray" is strongest in the summer months. Sun blocks for many years only blocked the UVB ray as science was not clear on the body's reaction to UVA. The UVB ray only has the strength to penetrate the very top layer of the body and the same thickness as a silk scarf. UVA was touted in the "80's" as the safe ray and sun beds were the rage. UVA rays are the same strength year round and considered a light X ray. It goes through light clothing, wind shields, office windows, hats, etc.

UVA rays shoot through the second layer of the skin, called the "true skin" and stops renewing itself around the age of 28 years. Prolonged exposure of UVA cracks and shrinks the collagen and elastin. The size of the top layer becomes smaller so the skin starts to droop or hang off the body. Blood vessels become permanently dilated giving a constant red flush to the skin. The few remaining cells scattered in the second layer either die making a white spot or become over active leaving a brown spot. There are no lasers or procedures available that guarantee the removal of these brown spots and some procedures make them worse. In the end, over exposure to this ray can put you in the dermatologist or plastic surgeon's office faster than any other aggravator. Not to mention the reported deaths from radiation poisoning from tanning beds is another serious aggravator.

A sunny day can be a psychological lift. Most everyone enjoys some type of sunny weather outdoor activity. However, most everyone also knows that excessive exposure to sunlight can do nasty things to one's skin. These include sandpaper-like scaly spots that can later turn into common skin cancers, life-threatening black mole skin cancer, skin color changes like liver spots and premature wrinkles and loose skin. Thus, the dilemma! How can we enjoy those uplifting sunny days throughout the year without causing permanent damage to our skin?

Ways to protect your skin from sunlight damage:

- ◆ Avoid direct sun exposure and artificial tanning devices.
- ◆ Avoid midday sun exposure.
 - ◆ Daily use of a sunscreen is very important.
 - ◆ Use sunscreen even on cloudy days.
 - ◆ Regardless of skin color the American Academy of Dermatology recommends that all individuals use sunscreen.
 - ◆ Sunscreen should be applied daily to dry skin about 15 to 30 minutes before going outside.
 - ◆ Wear lightweight, tightly-woven clothing and broad brimmed hats. Darker color fabrics provide greater protection from UV rays than lighter color fabrics.
- ◆ Check the local daily UV Index each day via your local newspaper, television, radio or at the following website address: www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current.html

The vast array of sun protection products available to consumers today is dizzying. Most of them contain a Sun Protection Factor (SPF) ranging from 2 to 60, which is a reflection of how well your skin is protected against UVB rays. While most sunscreen products claim to protect skin against UVB, scientists have now determined that UVA rays, seems to contribute to skin aging, causing the most damage to the body and actually leading to skin cancer.

When comparing products, the term "sun protective factor (SPF)" is often used. The SPF relates only to the ability of a sunscreen to block sun burning UVB rays. The SPF figure does not reflect the ability of a sunscreen to block UVA rays. The ideal sunscreen should have a high SPF rating equally effective against UVB and UVA. There are a number of very useful products on the market of broad-spectrum sunscreens that contain agents that effectively block both UVB and UVA rays with an SPF of 30 or greater. Consumers should check the label to make sure lotions contain ingredients that protect against UVA; these include benzophenone, oxybenzone, sulisobenzone, titanium dioxide, zinc oxide and avobenzone, a sunscreen chemical recently approved by the FFA and sold under the brand name Parsol 1789.



See the back page for a list
of sunscreens available

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Did you know...

- ◆ The average hamster, if provided a wheel, will run up to eight miles per night!
- ◆ Each year over \$2,000,000,000 worth of Halloween candy is sold.
- ◆ When Walt Disney was younger he was hired to work at the Kansas City Star newspaper. He was later fired from the paper because of lack of creativity. Years later The Disney Company bought ABC which owned The Kansas City Star. How strange that he was fired because he was not creative enough and years later you own them because of your creativeness.
- ◆ In 1933, Mickey Mouse, an animated cartoon character, received 800,000 fan letters.
- ◆ 101 Dalmatians and Peter Pan are the only two Disney cartoon features with both parents that are present and don't die throughout the movie.

Truths Children have Learned

- ◆ No matter how hard you try, you can't baptize cats.
- ◆ You can't trust dogs to watch your food.
- ◆ You can't hide a piece of broccoli in a glass of milk
- ◆ When your Mom is mad at your Dad, don't let her brush your hair.

LARGER PORTIONS INCREASE CALORIC INTAKE IN CHILDREN

Submitted by Casi Persons

A six-month study released by the USDA in an issue of the American Journal for Clinical Nutrition illustrated a link between increased portion sizes and increased intakes. The study examined intakes of 30 preschool children between the ages of three and five. Two series of lunches were served; age-appropriate portions and portions twice the recommended size. The study showed children to be susceptible to in-

creased portion sizes. When served larger portions the children were more apt to consume 25 percent more than if served an age appropriate portion. As a result, their caloric intake increased by approximately 15 percent. Furthermore, the study suggests that allowing children to select their own portions may minimize exposure to larger portions reducing likelihood to overeat.

SUNSCREENS AVAILABLE; LISTED BY CLASS

| Broad-spectrum UVA/UVB Sunscreens Containing Parsol 1789 | Sunscreen for Lips or Eyelids | Sunscreens for very Sensitive Skin (Generally contain titanium dioxide or zinc oxide) |
|---|---|--|
| Cetaphil Daily Facial Moisturizer SPF 15 Coppertone Shade Spray Mist SPF 30 Coppertone Shade Sunblock Lotion SPF 30/45 La Roche-Posay Anthelios "L" Cream SPF 60 Ombrelle Sunscreen Lotion/Spray SPF 15/30 Presun Ultra Lotion/Gel SPF 15/30 Solbar AVO SPF 32 | ChapStick Ultra SPF 15/30 Coppertone Lipkote SPF 15 Coppertone Shade Sunblock Stick SPF 30 La Roche-Posay Antherpos Ceralip SPF 50 Neutrogena Lip Moisturizer SPF 15 Neutrogena Sunblock Stick SPF 25 Presun Lip Protector SPF 15 | Clinique City Block SPF 15/25 DuraScreen SPF 30 Elta Block SPF 30/32 Estee Lauder Sunblock SPF 15/30 MD Forte Total Daily Protector SPF 15 Neutrogena Sensitive Skin Sunblocker SPF 17 Presun Sensitive Block SPF 28 Vanicream SPF 15/35 |
| Moisturizer/sunscreen Combinations | Oil- free Sunscreens | Waterproof/sweat-resistant Sunscreens |
| Cetaphil Daily Moisturizer SPF 15 Elta Block SPF 30/32 Eucerin Daily Lotion SPF 15/25 Keri Skin Renewal SPF15 Lubriderm Daily UV Lotion with Sunscreen SPF 15 Neutrogena Healthy Skin SPF 15 Neutrogena Moisture SPF 15 Oil of Olay Daily UV Protectant SPF 15 Purpose Dual Moisturizer Lotion/cream SPF 15 | Clinique Oil Free Sunblock SPF 15 Coppertone Shade Oil-Free Gel SPF 30 Neutrogena Oil Free Sunblock Lotion SPF 30 Neutrogena Sunblock Spray SPF 20 Ombrelle Sunscreen Spray SPF 15 | Coppertone Shade Spray Mist SPF 30 Coppertone Sport spray/stick SPF 15/30 Elta Block Super Waterproof SPF 30 La Roche-Posay Anthelios "S" cream SPF 30 Neutrogena Sunblock spray/stick SPF 20/25 Presun Ultra Spray SPF 27 Solbar cream SPF 50 |