

BITS & PIECES

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RESOURCEFULNESS

BY: DAVID L. DOLENAR, DEPUTY EXECUTIVE OFFICER

A topic that has been impressed upon my mind during the past six months and longer is resourcefulness, both on the job and at home. We have all felt the financial crunch on our wallets, checking accounts and savings as we have had to tighten our belts to pay for increased costs in fuel, food, shelter, utilities, education and so on.

At work we are struggling with budgets, layoffs, reduction in supplies and yet we still continue to operate, sometimes under difficult circumstances.

We therefore are forced, in these difficult financial times, to be more resourceful both at work and at home.

Resourcefulness is the ability to deal with problems promptly and effectively. It is all of the following, and more:

- Recognizing the value that others overlook in people, objects and ideas
- Identifying practical uses for those resources
- Maximizing available resources to furnish present needs.

There are two sides to resourcefulness. On the one hand, resourcefulness is starting with an available object and discerning the value of it. On the other hand, resourcefulness is starting with a



need and finding an available object to meet it. When we face a need we must also avoid buying too quickly. Options must be considered, some of which may not be as desirable as the ones we are used to. We have to consider what it is that we actually need to accomplish. Think about various ways the goal might be accomplished using tools and resources already available. We must find and procure the parts that allow us to develop solutions resourcefully and inexpensively.

Being resourceful is seeing how ideas developed for one particular use could also be used in other areas. We need to broaden our thinking regarding technologies, materials and our capacity to move forward with new ideas. We need to maximize every opportunity we can think of and it has to be balanced as much as possible.

Resourcefulness is also cleverness in finding resources and the capability of devising the ways and means to accomplish our goals. As we continue to read and experience the lack of resources in our daily and future lives, we may want to re-evaluate our spending both personally and in our workplace.

Inside this issue:

| | |
|--|---|
| Driving and the Law | 2 |
| Change of Workers' Comp Administration | 2 |
| Eye Conditions that Affect Children | 3 |
| Family & Medical Leave Expansion | 3 |
| Did you know... | 4 |
| Safety Corner—CPR/AED | 4 |



It doesn't matter if you try and try and fail. It does matter if you try and fail, and fail to try again.

- Charles Kettering

DRIVING AND THE LAW

SUBMITTED BY: SAFETY BOARD STRATEGIC PLAN COMMUNICATION COMMITTEE

Test your knowledge on the rules of the road by taking the quiz below. These questions were taken from the Department of Motor Vehicles' website.

Sample tests can be found at www.dmv.ca.gov/pubs/interactive/tdrive/exam.htm

1. California's "Basic Speed Law" says:

- A. You should never drive faster than posted speed limits.
- B. You should never drive faster than is safe for current conditions.
- C. The maximum speed limit in California is 70 mph on certain freeways.



2. To avoid last minute moves, you should be looking down the road to where your vehicle will be in about _____.

- A. 5 to 10 seconds
- B. 10 to 15 seconds
- C. 15 to 20 seconds

3. You are about to make a left turn. You must signal continuously during the last _____ feet before the turn.

- A. 50
- B. 75
- C. 100

4. Which of the following statements about blind spots is true?

- A. They are eliminated if you have one outside mirror on each side of the vehicle.
- B. Large trucks have bigger blind spots than most passenger vehicles.
- C. Blind spots can be checked by looking in your rear view mirrors.

5. You are getting ready to make a right turn. You should:

- A. Stop first and then proceed when it is safe.
- B. Stop before entering the right lane and let all other traffic go first.
- C. Slow down or stop, if necessary, and then make the turn.

6. If you drive faster than other vehicles on a road with one lane in each direction and continually pass the other cars, you will:

- A. Get to your destination much faster and safer.

- B. Increase your chances of an accident.
- C. Help prevent traffic congestion.

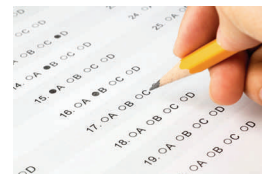
7. At intersections, crosswalks, and railroad crossings, you should always:

- A. Stop, listen, and proceed cautiously.
- B. Look to the sides of your vehicle to see what is coming.
- C. Slowly pass vehicles that seem to be stopped for no reason.

8. You drive defensively when you:

- A. Always put one car length between you and the car ahead.
- B. Look only at the car in front of you while driving.
- C. Keep your eyes moving to look for possible hazards.

The answers can be found on the last page of the newsletter.



(Continued back page)

CHANGE OF WORKERS' COMP ADMINISTRATION

BY: PEGGY HUNTSINGER, DISABILITY MANAGER



Effective January 1, 2009 our Workers Compensation claims administrator has changed. We are now with

Acclamation Insurance Management Systems (AIMS). If you have an existing claim your claim will now be administered by AIMS. We have been fortunate enough to have our claims staff that worked for Claims Management Inc. transfer to AIMS with us. Any new

claims will continue to be reported to the CEO-Risk Management Division's Disability Management Unit via fax 525-5779 or by contacting us at 525-5782. Should you have any questions or concerns with this change, please let us know.

EYE CONDITIONS THAT AFFECT CHILDREN

SUBMITTED BY: BARBARA COOPER, EMPLOYEE BENEFITS



Three of the most common eye complaints among children are pinkeye, "lazy eye" (lack of focus in one eye, or amblyopia) and seasonal eye allergies brought on

by plant fibers, mainly during the spring and fall.

Far less common but much more serious are sight threatening disorders such as retinoblastoma, glaucoma (deterioration of the optic nerve that can cause blindness),

and Coats disease (retinal bleeding that can destroy vision).

These are very rare conditions but they can happen and that's why it is so important to make sure you visit your eye doctor for an annual eye exam!

FAMILY & MEDICAL LEAVE EXPANSION

BY: PEGGY HUNTSINGER, DISABILITY MANAGER

Stanislaus County's Family & Medical Leave policy has been updated to reflect the recent changes in the Federal Regulations effective on January 16, 2009. The updated policy can be obtained online at <http://www.stancounty.com/riskmgmt/common/docs/dm-forms/fmla-policy.pdf>

Highlight of changes:

Military exigency's have been defined and is covered under the possible 12 weeks of unpaid FMLA leave; a non-medical activity that is directly related to the covered military member's active duty or call to active duty status. Seven categories of qualifying exigencies are short-notice deployment (leave permitted up to seven days if the military member receives seven or less day's notice of a call to active duty), military events and related activities, certain temporary childcare arrangements and school activities, financial and legal arrangements, counseling by a non-medical counselor (member of the clergy, etc) rest and recuperation (leave permitted up to five days when the military member is on temporary rest and recuperation leave) and post-deployment military activities.



Definition of "**Active Duty or Call to Active Duty Status**" under a federal call or order to active duty in support of a contingency operation pursuant to a specific call/order to active duty for members of the National Guard or Reserve components or a retired member of the Regular Armed Forces or Reserve – does not apply to a member of the Regular Armed Forces.

Up to 26 weeks of unpaid FMLA leave to **provide care for an injured covered Servicemember**. An eligible Servicemember is a current member of the Regular Armed Forces, National Guard, or Reserve including those on temporary disability retired list (TDRL) but not including former members or members on the permanent disability retired list. The Servicemember must be receiving medical treatment or oversight by a Department of Defense or Veterans Affairs health care provider or by a Department of Defense TRICARE network or non-network authorized private health care provider.

Substitution of Paid Leave will be in accordance with County personnel policy. Employees on a FMLA quali-

fying leave of absence will be required to use applicable leave accruals unless any of the following apply; employee was placed on leave restrictions prior to requesting or being placed on FMLA, employees receiving disability payments are no longer required to supplement their disability payments with sick or vacation used as sick, but employees may request to supplement their disability payments. Employees receiving disability payments must now sign a form indicating their election to waive supplementing their disability benefits or to receive supplemental payments.

Certifications

New certification forms are available for:

- Military Exigency Leave
- Military Caregiver Leave
- Serious Health Condition for employee or eligible family member

New certification forms can be found on the County's web page at <http://www.stancounty.com/riskmgmt/risk-medical-leaves-sub-main.shtm>

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Did you know...

- John Adams, 2nd President, was the first to live in the White House.
- William Henry Harrison, 9th President, was President for only 31 days, he died of pneumonia.
- Abraham Lincoln, 16th President, was the tallest President at 6'4" and First President to be assassinated.
- James A. Garfield, 20th President, could write with both hands at the same time - in different languages.
- Grover Cleveland, 22nd & 24th President, was the first and only President married in the White House and the first and only President to ever serve 2 non-consecutive terms.
- Theodore Roosevelt, 26th President, officially named it the White House in 1901. The White House wasn't even called the White House! People called the building the President's Palace, President's House, and the Executive Mansion.
- Roosevelt Herbert Hoover, 31st President, spoke Chinese to his wife to keep their stories private.
- Gerald R. Ford, 38th President, held his daughter's High School prom in the White House.
- Ronald Regan, 40th President, was the oldest President (age 69-77).
- George Bush, 41st President, survived 4 planes crashes during World War II.
- George W. Bush, 43rd President, has a collection of over 250 signed baseballs.
- Barack Obama, 44th President, doesn't like ice-cream. He worked in Baskin-Robbins as a teenager. That's where his distaste for ice-cream comes from.

(Continued from Page 2)

DRIVING AND THE LAW—QUIZ

Answers:

- 1) B 2) B 3) C 4) B
5) C 6) B 7) B 8) C

Safety corner

CPR/AED

BY: KEVIN WATSON, SAFETY ANALYST/TRAINER

The American Heart Association CPR/AED Guidelines for 2005 remain to be the current standards. A recap of the standards is below.

Before assisting in any emergency, please remember to follow the basic rules of:

Assess – the scene. If safe, approach and then **Assess** the victim

Alert – call or have someone call 9-1-1

Attend – to the injured to the best of your abilities with the resources available to you at the time

Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) use has changed quite a bit. The new standard requires one cycle of CPR to consist of thirty (30) compressions followed by two (2) breaths. This applies to Adults, Children and Infants. CPR is now performed for five (5) cycles or approximately 2 minutes each time. This is quite physically demanding! The science behind the change is as follows: blood pressure is increased

during chest compressions and drops off immediately when compressions stop – when giving breaths. By increasing the number of chest compressions, oxygenated blood is able to get to all the vital organs and the hope is to increase the success rate of CPR.

Another big change will require unlearning two skills we have been taught for many years – checking for a pulse and rescue breathing.

Rescue breathing is now considered the two breaths that follow chest compressions. Gone are the days of providing just breaths for a victim. Checking for a pulse is now gone as well. If the victim is unconscious *and* not breathing, it is *assumed* that the heart has stopped, or will soon stop beating. We immediately start chest compressions.

AED use has changed as well. Now, the

machines will only deliver one (1) shock, to be immediately followed by two (2) minutes of CPR. At the completion of the two minutes, the AED machine will re-analyze the victim and either deliver another shock, if indicated, or prompt you to continue performing CPR.

The ABCD's of CPR now stand for:

A = check for an open airway

B = check for breathing

C = compressions

D = defibrillate, if an AED is available

For anyone that is not comfortable with their level of technical expertise and would like to learn more about the current CPR / AED / First Aid instruction, please contact the CEO-Risk Management Division, Safety Unit at 525-5781 to sign-up for a class.

