



CEO-Risk Management Division

Bits & Pieces



Volume 1, Issue 3

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WE WISH YOU ALL A JOYOUS AND
SAFE HOLIDAY SEASON!!!



Driving on County Business

By: Michele Hunter, Administrative Assistant

There are many job classifications within the County of Stanislaus that require an employee to drive on County business. All employees driving on County business are required to have a Driver Authorization Card on file regardless of driving a County vehicle or a personal vehicle.

The application for the Driver Authorization Card must be completed and signed by the employee's Department Head or designee. To be eligible the employee must have a valid California driver's license and provide proof of insurance. For further documentation of this process please refer to Tab Seven of the County's Safety Manual.

If the employee drives daily or weekly on County business these drivers are placed on the DMV Pull Notice Program. Anytime there is activity on an employee's driving record ranging from a change of address to traffic violations, a copy of the employee's current driving record will be sent to the CEO-Risk Management Division. The driving report is reviewed and if adverse activity appears such as a suspended license, failure to appear, etc., the employee's department head will be notified.

Should you have any questions, please call Michele Hunter at 5-5712.

Upcoming Events

- Defensive Driving Training - see page 3 for schedule
- Ergonomics Training - see page 3 for schedule
- Wellness and Safety Fair 2001 -
May 22nd, May 23rd and, May 24th

What is the Department of Managed Health Care?

By: Barbara Cooper, Employee Benefits Manager

The State of California created a brand new department to regulate all managed care companies including the County's HMO and POS options. The Department of Managed Health Care is an innovative new problem-solving and law enforcement agency designed to ensure aggressive prevention and high quality health care for Californians enrolled in managed care plans. Signed into law as part of a broad managed care reform package, the DMHC is a start-up endeavor, working for healthy Californians and a viable and accountable managed care system.

The law creating the DMHC as well as other sweeping managed care reforms was enacted on January 1, 2000. The DMHC will have problem-solving, regulatory and licensing responsibilities and powers on July 1, 2000.

The DMHC is a new agency with new responsibilities, powers and mandates. The DMHC is a first-in-the-nation approach to ensuring high quality health care under managed care, including new prevention rights, advisory boards, public education campaigns, new lines of communications with health plans, safeguards for financial solvency and an Office of the Patient Advocate.

Stanislaus County employees experiencing difficulties with their Primary Care Physician or their HMO should take the following actions:

1. Share your concerns with your Primary Care Physician. If your concerns are not resolved then:
2. Send a letter documenting any outstanding issues with as much details as possible to your PCP's Medical Group and copy your PCP, HMO and Stanislaus County Employee Benefits. If your concerns are still not resolved then:
3. Contact the DMHC at:
Voice: (888) HMO-2219
Fax: (916) 229-0465
Email: helpline@dmhc.ca.gov

You can visit The Department of Managed Health Care on their web sit at www.dmhc.ca.gov for more information on this valuable employee resource.

Toy Safety Tips for the Holidays



By
Ray Moltrum, Safety Specialist

'Twas the night before Christmas and all through the house, not a creature was stirring, except that five-year-old, fifty-pound mouse. His name is Daniel and I don't know who is worse he or his mother, in that neither can wait for Christmas day to open presents. Daniel thinks that every present under the tree is his and he should be the one to open it. Dottie loves to buy presents, but after she gets them wrapped, she can't wait to give them out. Sounds like a perfect match! One loves to get, while the other loves to give. However, the major question here is what do you give to the kids for Christmas? I did a little research and came across some guidelines for purchasing safe gifts for the Christmas season for the kids. I hope this is helpful.

The Matching Game

- Toys should be matched to a child's abilities. The manufacturer recommendations serve as a useful guide.
- A toy that is too advanced or too simple for a child may be misused, which can lead to injury.
- Think BIG when choosing toys. All toy parts should be larger than the child's mouth to prevent injuries, including choking. Remember to pick big toys that will be fun for the adults to play with too!

Purchasing Tips

- Before buying a toy, read the instructions. If the toy is appropriate for the child, read the instructions to the child for proper use of the toy.
- To avoid risk of serious eye or ear injury, avoid toys that shoot small objects into the air, or make loud or shrill noises. Parents can hold the noise-making toy next to their ear to determine whether it will be too loud for a child's ears.
- Look for sturdy toy construction. The eyes, nose and other small parts on soft toys and stuffed animals should be securely fastened on the toy. In addition, avoid toys with sharp edges.

For the Older Crowd

- Never buy hobby kits, such as chemistry sets for any child younger than 12 years old. Provide proper supervision for children 12 to 15 years of age.
- Tips of arrows or darts should be blunt, made of soft rubber or flexible plastic and securely fastened to the shaft.

TO YOU AND YOURS HAVE A SAFE HAPPY, HOLIDAY SEASON!



Exercise

By: David L. Dolenar, Deputy Executive Officer

Recently I read an article entitled “Work Out Both Mind and Muscle.” It made so much sense to me that I wanted to share a few points with you. I hope you will incorporate some of these thoughts into your upcoming plans for a self-driven exercise program, especially during the holiday season.

- Having the physical energy to get up and go is an important factor in maintaining a get-up-and-go attitude.
- A regular exercise program will not only increase muscle strength; it will also increase energy levels throughout the body – including mental energy.
- Regular exercise increases blood flow to the muscles, which means increased nutrients and increased energy on a physical level.
- Exercise also improves blood flow to the brain. Increased circulation carries more sugars and oxygen (brain fuel) to the brain and helps to clear your mind.
- Exercise increases the numbers of blood capillaries found in the brain, which means this increase in blood supply (more sugars and more oxygen), reaches the brain, resulting in better performance.
- Not only does exercise feed and clear the mind, it may literally help build brain capacity to some degree.
- Along with brain-building and energy-increases, exercise contributes to a healthy feeling.
- A good workout triggers the release of endorphins into the blood stream, increasing a person’s sense of wellness.
- You may find that an increased skip in your step will help clear your mind and invigorate your heart, as well.
- Talk to your doctor or a healthcare professional about your exercise plan.

**DEFENSIVE DRIVING
COUNTY CENTER III
909 County Center III Court
8:30 a.m. – 3:30 p.m.**

Tuesday, Jan 30, 2001	Tuesday, Feb 13, 2001
Tuesday, Mar 27, 2001	Tuesday, Apr 24, 2001
Tuesday, May 29, 2001	Tuesday, Jun 26, 2001
Tuesday, Jul 24, 2001	Tuesday, Aug 28, 2001
Tuesday, Sep 25, 2001	Tuesday, Oct 30, 2001
Tuesday, Nov 13, 2001	Tuesday, Dec 11, 2001

**MARY KROST – ERGONOMICS
COUNTY CENTER III**

DATE	TIMES	CLASS
Jan 25, 2001	8:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	Office Ergonomics
Feb 21 & 22, 2001	8:00 a.m. – 12:00 p.m. 1:00 p.m. – 5:00 p.m.	Office Ergonomics
Mar 15, 2001	8:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	Back Safety
Apr 12, 2001	8:00 a.m. – 12:00 p.m. 1:00 p.m. – 5:00 p.m.	Office Ergonomics
May 22-24, 2001	Safety Fair TBD	Office Ergonomics
Jun 12 & 13, 2001	8:00 a.m. – 12:00 p.m. 1:00 p.m. – 5:00 p.m.	Office Ergonomics

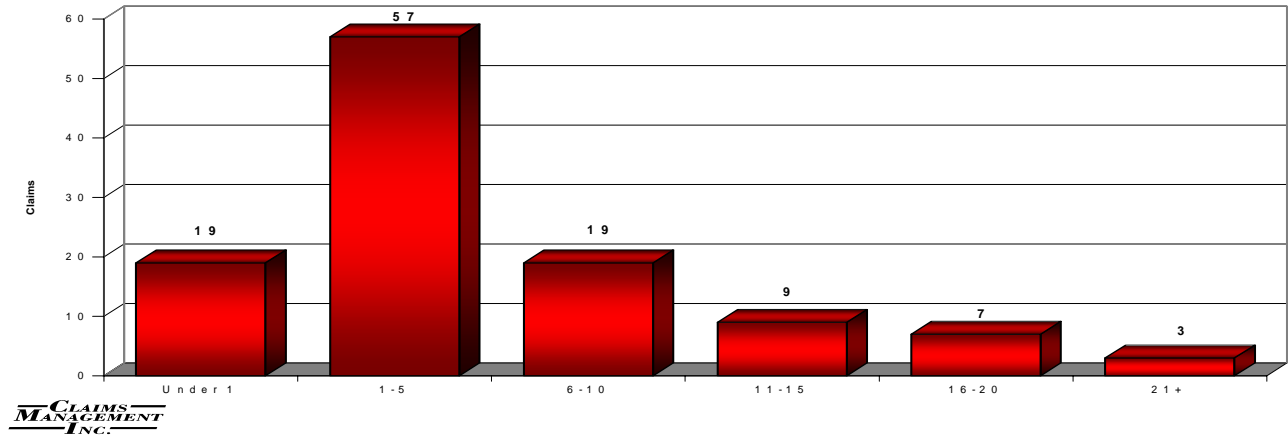
***FOOTPRINTS ON THE SANDS
OF TIME ARE NOT MADE BY
SITTING DOWN***

Suggestions or comments on this newsletter should be directed to Peggy Huntsinger, Disability Manager, CEO-Risk Management Division.

Employees with one to five years of experience had the highest number of claims during the last quarter; employees with less than one year of experience, had the second highest number of incidents. In order to reduce the number of claims for new employees we encourage all new employees to attend Taking Care of Yourself, the County's version of New Employee Orientation. This program is offered the first and third Thursday of each month.

Job Experience

*Stanislaus County-Grand Totals
7/1/2000-9/30/2000*



Our top cause of injury continues to be Slips, Trips and Falls followed by ergonomic type injuries. Safety training classes are available for both of these types of incidents as well as many other training programs. Please contact Pat Wade in the CEO-Risk Management Division to register for a currently scheduled course, or to arrange a course to be held at your work site.

Cause - Most Frequent

*Stanislaus County-Grand Totals
7/1/2000-9/30/2000*

