

BITS & PIECES

Volume 8, Issue 4
November 2007

RECAP OF HEALTH & SAFETY TRAINING 2007

By: David L. Dolanar, Deputy Executive Officer

The success of any event is attributable to the level of coordination and leadership which is given to it. Again, I want to recognize Melissa Parikh, Disability Assistant in the CEO-Risk Management Division who effectively coordinated and managed every aspect of this year's event. Her persistence, tenacity and attention to detail made this event smooth and flawless. Thanks to the cooperation of the County's Departmental Safety Representatives and to all who assisted in monitoring the 96 class sessions that were given. Appreciation is expressed to the following County employees who were instructors at the training: Jeff Fairbanks – Sheriff, Steve Gibbins – Animal Control, Detectives Mario Moreno and Scott Criswell – Sheriff, Phoebe Leung, Elaine Emery and Anne Stockman – H S A, Paul Gibson – CIO Chief Executive Officer, Maria Cunningham – Probation, John Vasques – DER and Kevin Watson, Donna Flores and David Becker – CEO



Risk Management Division. Health and Safety Training 2007 took place in a very busy work environment and blended in naturally with all the many ongoing activities in which the County is engaged. It was an event where many County employees stepped up to the plate and took ownership of making it a high priority for Stanislaus County.

There were approximately 2,900 employees who attended classes and fulfilled training and educational requirements for their jobs. The average score for excellence in all the classes was 65 percent. Many positive comments were received and opportunities for improvement were identified.

We look forward to another successful event in 2008 and appreciate the opportunity of providing health and Safety training to all Stanislaus County employees.

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HARTFORD DEFERRED COMPENSATION LOAN

PROGRAM—*By: Barbara Cooper, Employee Benefits Manager*

Steps To A Hartford Loan.....

Hartford participant will download Hartford loan application package from Employee Benefits web site. <http://www.stancounty.com/riskmgmt/risk-eb-forms-sub-main.shtm>

Participant will call Hartford customer service at (800) 528-9009 and request a loan quote that will be faxed directly to the participant.

Hartford will verify participant's account bal-

ance and loan amount available, interest rate, repayment amount & schedule.

Participant completes loan application, attaches faxed Loan Data/Loan Quote sheet from Hartford and sends both to CEO-Risk Management Division-Employee Benefits or you may fax to us at 525-5779.

Employee Benefits will sign off on loan application and fax loan application to Hartford for processing.



Have a bountiful
Thanksgiving, a
Happy Holiday,
and a prosperous
New Year.

*From the CEO-
Risk Management
Division Staff*

10 WAYS TO MAINTAIN YOUR BRAIN

Submitted by: Donna Flores, Safety Analyst/Trainer



When we think about staying fit, we generally think from the neck down. But brain health plays a critical role in almost everything we do – thinking, feeling, remembering, working, playing – even sleeping. The good news is we now know there are things we can do to keep our brain healthier as we age – and these steps might reduce our risk of Alzheimer’s.

1. Head First

Good health starts with your brain. It’s one of the most vital body organs, and it needs care and maintenance.

2. Take brain health to heart

What’s good for your heart is good for the brain. Do something every day to prevent heart disease, high blood pressure, diabetes and stroke

– all of which can increase your risk of Alzheimer’s.

3. Your numbers count

Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4. Feed your brain

Eat less fat and more antioxidant-rich foods.

5. Work your body

Physical exercise keeps the blood flowing and may encourage new brain cells. Do what you can – like walking 30 minutes a day – to keep both body and mind active.

6. Jog your mind

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

7. Connect with others

Leisure activities that combine physical, mental, and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

8. Heads up! Protect your brain

Take precautions against head injuries. Use your car seat belts; unclutter your home to avoid falls; and wear a helmet when cycling or inline skating.

9. Use your head

Avoid unhealthy habits. Don’t smoke, drink excessive alcohol or use street drugs.

10. Think ahead – start today!

You can do something today to protect your tomorrow.

Reference: Alzheimer Association
Maintain Your Brain

TAILGATING

By: Ed Fenton, Liability Claims/Insurance Manager

The kind of tailgating that causes problems for law enforcement is not the kind that happens in parking lots before football games. Tailgating or “following too close” is frequently listed as the cause of accidents here in Modesto. Drivers not paying attention to their surroundings, or suffering from “road rage,” can find themselves driving too closely to the car in front of them, and not being able to stop when necessary, causing a rear-end accident.

Drivers need to allow sufficient room in front to be able to stop in case the car ahead of them suddenly stops for some reason such as slowing traffic. When coming to a



stop at signalized intersections, drivers also need to allow enough room in front of their cars to be able to see the rear tires of the car in front of them. This extra room might keep the front of their cars from being damaged if they are struck from behind and pushed forward.

I Only Looked Away for a Second...

One of the most common statements heard from drivers that were interviewed after they have been involved in car accidents is, “I only looked away for a second.” Few people understand how far a vehicle can travel in a second at typical city driving speeds. If we add the time it takes for the average driver

to perceive and respond to a danger (1.6 seconds) to the second the driver’s attention was diverted we come up with the following distances a vehicle will travel at the below listed speeds:

- ⇒ 20MPH-76 feet
(approximately 5 car lengths)
- ⇒ 30MPH-114 feet
(approximately 8 car lengths)
- ⇒ 40MPH-152 feet
(approximately 10 car lengths)

And these distances do not include the time it takes for the car to actually stop. As you can see, just looking away for a second can get you into big trouble, even at city driving speeds. Please be careful and pay attention.

THE 5 S'S OF HOUSEKEEPING— TO ORGANIZE THE WORKPLACE

By: David Becker, Safety Officer

Sort – The only things that should remain in the work area are the parts, tools and instructions needed for the job.

Straighten – Keep everything that is needed in an orderly fashion in order to find it when it is needed.

Sweep (Shine) – Do an initial thorough cleaning like painting, scour-

ing, sweeping, washing, rinsing, and scrubbing to set a standard of how it should be kept. Find filth and eliminate the sources.



Standardize – Set standards so that anything not normal becomes obvious. Routine cleaning becomes a way of life. Preventive maintenance

is routinely performed, planned and scheduled routine maintenance, performed by the people who know the work center better than anyone else.

Sustain – Routine way of life is set. Root causes are routinely identified and dealt with.

BACK SAFETY

By: Peggy Huntsinger, Disability Manager

Employers around the world struggle to teach employees “safer lifting techniques” yet back injuries continue to plague all employers. Maybe there isn’t a safer lifting technique that will prevent back injuries. But don’t lose hope. There is one known effective intervention and that is exercise. There are many exercises that will strengthen your back and core muscles. There is not enough room in this article to list all the possible back strengthening exercises, but if you have a moment, click on the



link at the end of this article and then make a commitment to yourself to begin to strengthen your back and other core muscles. You don’t have to spend hours a day to improve your health, just take a few minutes each day and do a few of these exercises and you will be pleasantly surprised with the benefits you will reap within a short period of time.

Try starting with 12 reps of which ever exercise appeals to you the most. When you feel comfortable

add a 2nd set of reps and or add additional exercises to your routine. If you are having a hard time fitting exercise into your life, try multi tasking – exercise while watching TV. Park a little further out in the parking lot, take a walk on your break at work. You may be surprised how easy it is to fit an exercise or two in to your schedule. Remember it is the small changes you make in your life that will have long lasting effects.

<http://www.nismat.org/orthocor/programs/lowback/backex.html>

A SWEET LESSON IN HUMANITY

Submitted by: Shelley Hutchison, Executive Secretary



Years ago, a 10-year-old boy approached the counter of a soda shop and climbed on to a stool. “What does an ice cream sundae cost?” he asked the waitress. “Fifty cents.” she answered.

The youngster reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had “bigger” customers to wait on.

“Well, how much would just plain ice cream be?” the boy asked. The waitress responded with noticeable irritation in her voice, “Thirty-five cents.”

Again, the boy slowly counted his money. “May I have some plain ice cream in a dish then, please?” He gave the waitress the correct amount, and she brought him the ice cream.

Later, the waitress returned to clear the boy’s dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had had enough money for the sundae, but sacrificed it so that he could leave her a tip.

The moral: Before passing judgment, first treat others with courtesy, dignity, and respect.

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[www.stancounty.com/
riskmgmt/index.shtm](http://www.stancounty.com/riskmgmt/index.shtm)



What lies behind us
and what lies before us
are small matters
compared to what
lies within us.

*-Ralph Waldo Emerson,
American essayist,
philosopher and poet
(1803-1882)*



Useless information—stuff you never needed to know but your life would be incomplete without.

Did you know...

- * When water freezes inside clouds, ice crystals form. Ice crystals are crystals that have formed around tiny bits of dirt that have been carried up into the atmosphere by the wind. The ice crystals join together creating snow flakes. Once the flakes are heavy enough they fall to the ground as snow. Each snowflake is made up of from 2 to about 200 separate crystals. In addition to a normal snow fall, snow can drift to the ground lightly as flurries, fall heavily as a snowstorm, or pile up quickly by being blown by strong winds in a blizzard.
- * What color is snow? Believe it or not, snow is actually clear/transparent. Snow appears white because the crystals act as prisms, breaking up the light of the sun into the entire spectrum of color. The human eye is unable to handle that kind of sensory overload. Therefore, we see the snow as white or sometimes blue.
- * Most snowflakes are less than one-half inch across. The largest snowflake recorded was fifteen inches in diameter. All snowflakes have six sides and no two snowflakes are alike.
- * What Makes The Different Shapes? The shape that a snow crystal will take depends on the temperature at which it was formed. When the temperature is around 32°F to 25°F thin six-sided plates are formed. At 25°F to 21°F long needle shapes are formed. At 21°F to 14°F hollow columns are formed. At 14°F to 10°F six-point stars are formed. At 10°F to 3°F dendrites are formed. The colder it is outside, the smaller the snowflakes that fall. The fluffiest snow falls at temperatures around 15°F.



Safety Corner



BLEEDING

By: Kevin Watson, Safety Analyst/Trainer

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

Bleeding emergencies can be life threatening! Be sure to call or have someone call 9-1-1.

First Aid for bleeding has been simplified. The only care we now provide is direct pressure and applying clean dressings. This is true for all three types of bleeding – Capillary, Venous or Arterial. Elevation and Pressure Points are no longer being taught. Not so much that they may not be helpful, but rather there is not “scientific evidence to prove,

or disprove the endorsement of these techniques”.

Obviously, be on the lookout for signs of shock and treat accordingly.

For anyone who 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.