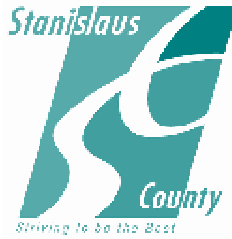


# Bits & Pieces

Volume 2 Issue 3

August 2001



## WELLNESS AND SAFETY FAIR SPACE ODESSY 2001

By: David L. Dolanar, Deputy Executive Officer



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**"Happiness is not something you experience, it is something you remember."  
— Oscar Levant**

As we wind down with the Wellness and Safety Fair 2001, I wanted to share with you some interesting information and comments received from our surveys (Participants, Sponsors, Exhibitors and Instructors). Participants attending the fair have indicated it was a great success and have provided many ways to improve next year's event.

We requested your feedback in the areas of transportation, training, food, entertainment and exhibitors. According to our customers, all areas, except for transportation, improved over last year by ten percent. We recognize the issues in transportation and have received many valuable comments for improvement in this area.

Space Odyssey 2001 was a fun and challenging theme. Most exhibitors felt more involved with the event because their booths were designed as "space stations" and several vendors really played the part. The instructors were challenged with existing space requirements and full participant attendance, but felt the sessions were valuable and meaningful to attendees. Our customers rated the training this year as the best ever!! The Sponsors were very responsive in co-sponsoring the event with the Board of Supervisors and most have indicated their intent to continue this partnership in the future.

We have completed our internal and external debriefing sessions and have already initiated our planning efforts for the next year's fair. By the way, the dates for next year's fair are May 21-23, 2002, so mark your calendars now!!

We want to especially acknowledge the support and assistance from all Departmental Injury Management Coordinators, Safety Representatives, Registrars, RESCO Volunteers and the STARS Program. We make an excellent team with our

management partners, Atlas International and Convention and Meeting Services and have learned together the things that truly help this event to improve each year.

### Now for some statistics:

Number of attendees:	<b>3,865</b>
Number of lunches served:	<b>3,099</b>

Thirteen most popular classes by attendance:

- Impossibility of It All (Wellness Warriors) 677
  - Street Smart Safety/Workplace Violence 581
  - Fitness - Tai Chi 468
  - Fitness - Yoga 451
  - Gangs/Drugs 356
  - Staying Motivated (Wellness Warriors) 331
  - CPR 309
  - Crisis Prevention 273
  - First Aid 262
  - Nutrition 247
  - Ergonomics 207
  - Fire Prevention/Fire Extinguisher 202
  - Staying Motivated in your Workout 185
- |                  |              |
|------------------|--------------|
| <b>Sub Total</b> | <b>4,549</b> |
| • All Others 766 |              |
| <b>Total</b>     | <b>5,315</b> |

Thanks again for the opportunity to provide you with required safety training and wellness tips in a fun and enjoyable atmosphere. We look forward to presenting another exciting Wellness and Safety Fair in 2002.

## The State Did It And Now Stanislaus County Will Do It Too.....

by Barbara Cooper, Employee Benefits Manager

Effective 1-01-01, Pacific Business Group on Health (PBGH) changed its model plan to a \$10 office visit co-payment and \$10 prescription drug co-payment. The County **did not change**. Effective 1-01-02, the State of California decided to change its health insurance coverage for state employees to a \$10 office visit co-payment and a \$10 prescription drug co-payment. **Now Stanislaus County has decided to change too.**

**Effective January 01, 2002, Stanislaus County will change its model plan for all HMO options to match the PBGH model plan with \$10 office visit co-payment, \$10 prescription drug co-payment and \$10 chiro-**

Go to <http://www.co.stanislaus.ca.us> and click on County Departments. Select CEO-Risk Management

**practitioner co-payment.** A new benefit comparison will be developed in time for the fall open enrollment period. Open Enrollment will be held during September and October with any changes taking effect on 1-01-03. A schedule of open enrollment meetings will be published shortly.

Watch Stanislaus County web site for additional information. Go to <http://www.co.stanislaus.ca.us> and click on County Departments. Select CEO-Risk Management. When you click on Employee Benefits you can either choose our "Hot New" page for the latest update or Health which offers you links to all our carriers.

As the County transitions through its

Health Insurance changes, the Employee Benefits Unit is always available to answer questions or concerns. Feel free to call us at 525-5717.

### How to Contact Us:



Administration	525-5713
Disability Management (NPC, FMLA/CFRA/PDD)	525-5782
Employee Benefits (Medical, Vision, Dental Life & Deferred Compensation)	525-5717
Liability/Claims & Insurance (Auto, accidents & Ins. Certificates)	525-5711
Safety	525-5781
Safety Class Registration	525-5780

## Cool Treats for the Summer...

### Tropical Frozen Yogurt

Yield: 4 Cups

2 cups Fresh strawberry halves  
2 lg Bananas, sliced  
1/4 cup Sugar  
3/4 cup Frozen pineapple juice  
(concentrate juice, thawed and undiluted)  
1/2 cup Plain low-fat yogurt

Process first 4 ingredients in a food processor until smooth, stopping to scrape down sides. Add yogurt and pulse 3 or 4 times. Pour into an 8-inch

square baking dish and freeze until firm. Scoop out frozen mixture and place back into food processor and pulse until smooth. Return to dish, cover and freeze.

Per 1/2 cup: Calories 134, Fat 0.6g

### Icy Yogurt Pops

Great for the kids

Yield: 6 pops

1 cup Low-fat plain yogurt  
3/4 cup Frozen Fruit Juice  
3/4 cup Low-fat or Skim milk

\*You can use pureed fresh fruit or frozen fruits instead of juice.

In a glass measuring cup, combine yogurt, fruit juice concentrate and milk. Pour into pop molds or use small paper cups and insert a wooden stick in the center of each. Freeze until firm, about 2 - 3 hours. To serve, peel off paper cups.



## A Guide to Being a Safe Pedestrian

Submitted by: David Becker, Safety Officer

From a pedestrian-safety standpoint, Ralph Noe did everything right: He was well off the roadway and walking against traffic in plenty of daylight. Still, a driver in a pickup truck descending a hill lost control and crashed head-on into Noe, instantly killing the father of two. That death



shocked Noe's friend, Anthony Keirsey.

"Drivers are so daring and in such a hurry these days," says Keirsey, adding that the incident partially spurred the installation of an enclosed, wood-chip walking path at his 3-acre Morristown, Tenn., home

"It's not always safe to walk outside."

An estimated 5,900 pedestrians were killed and 84,000 injured in 1998 motor-vehicle incidents, according to the National Safety Council. Pedestrians have represented 13 percent to 17 percent of all motor-vehicle deaths since 1975.

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## What is Workers Compensation?

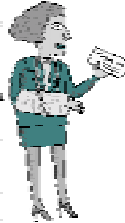
By: Peggy J. Huntzinger, Disability Manager

Workers' Compensation is a "no-fault system" meaning the injured or ill employee does not have to establish fault to receive workers' compensation benefits for an on-the-job injury. The "no-fault" structure was designed to eliminate the need for litigation. Unfortunately many cases are still being litigated.

The benefit structure of workers' compensation includes: medical care necessary to cure or relieve the injury or illness; temporary disability benefits normally two thirds of the lost wages up to a maximum of \$490 a week; permanent disability benefits for employees who sustain a permanent labor market handicap; vocational rehabilitation which

provides funds for retraining should the injured worker not be able to return to work in the normal job classification; and, death benefits should the injury or illness result in death. There are no provisions for pain and suffering in workers' compensation.

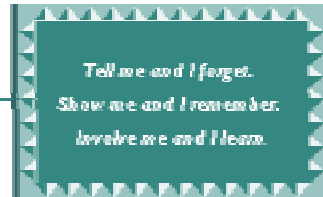
The workers' compensation system is regulated by the state, but administered by an insurance carrier or by the employer if self-insured as is the County. When employees become aware of an on-the-job injury, they are expected to begin the process of providing benefits if there is no question if the injury or illness was caused by work. If there is a question to the work connection the claim may be placed on delay and investigated. The investigation can



take up to 90 days and can include a medical exam, taking statements from the injured employee, coworkers, and or witnesses.

When a claim is placed on delay the injured or ill employee should treat through their private health insurance until the claim is either accepted or denied. The injured or ill employee should also file a claim with State Disability if eligible, or any short or long term disability policy the employee may have.

Please refer to the Facts for Injured Workers brochure that is provided to injured workers at the time their claim is reported.



## SAFETY ~ Whose responsibility is it anyway?

By David Becker, Safety Officer

The true answer to the question is that safety is everyone's responsibility. Many times when we say, any responsibility is everyone's responsibility, is just another way of placing no one in charge. When no one is in charge, many times nothing gets done and we have no one to blame. That is not what we mean, in Stanislaus County, when we say safety is everyone's responsibility. Stanislaus County has placed people in charge of safety. You might be asking yourself who is responsible for my safety? Well that is what this article is about. We in the CEO-Risk Management Division want you to know the answer.

When all is said and done, should you be injured today, you will be the one who suffers the direct consequences of the injury. This reason is why we tell every employee that he or she must take the responsibility to work safely. You might be thinking that every employee has a supervisor, and that is true. The supervisor/manager

shares the responsibility of the employee's safety. The supervisor/manager must make sure that employees are trained and equipped to perform any job in a safe manner.

Should you be a supervisor/manager you might be asking, doesn't my Department Head hold some responsibility? The answer to this question is again yes. The Department Head has the responsibility of making sure that the managers/supervisors are developing proper procedures for any danger faced by the employees. The Department Head must also allocate adequate resources and ensure an accountability system for safety. To help everyone involved in this process the Department Head is also required to appoint a safety committee.

In some Departments the Department Heads have joined together to establish a campus wide Central Safety Committee. These Central Safety Committees are made up of multiple department safety representatives. The Safety Rep-

resentatives review accident reports, and serve as an information source for the Department Heads, Managers and Supervisors on safety issues.

You might now be asking, what does the CEO-Risk Management Division Safety Unit do? We support the Department Heads, Safety Committees, Safety Representatives, Managers and Supervisors as another information and resource option. We train thousands of people every year on a host of subjects that relieve others from the responsibility of developing and conducting such training classes. We respond to emergencies as advisors and monitor the County wide safety process for compliance.

So the next time someone asks you who is responsible for safety, you should be thinking that as a County employee I am responsible for working safely, wearing the proper safety equipment, reporting any unsafe condition and communicating with my Supervisor/Manager/Safety

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# Take Your Medicine... Safely

By: Dixie Barringer R.N.  
Medical Review Nurse

We have become a nation of "pill poppers". We take pills to help us sleep, lose weight, supplement our diets, grow hair, improve our mood, etc. The Center for Disease Control tells us that sixty percent of doctor visits now end with the writing of a prescription. To make matters worse, people often see multiple doctors, with no single physician monitoring the overall medication regimen. People also self-medicate with myriad over-the-counter pills and herbal supplements.

In order to get the maximum therapeutic benefits and avoid adverse reactions, accidental overdose, or potentially harmful changes in effectiveness, it is vitally important to observe the following general guidelines.

- Store drugs in their original containers, at room temperature (unless directed otherwise), in places that are not accessible to children or exposed to sunlight. Avoid storage in the bathroom medicine cabinet, in the kitchen close to heat or in the glove compartment or trunk of the car, where extreme temperature and humidity will cause them to deteriorate.
- Be sure to tell your health care professionals what drugs you are taking.
- Notify all health care professionals of any bad reactions you have had to any drugs.

- Never share prescription drugs.
- Always read the label before taking any drug, and take the drug exactly as prescribed at the recommended dosage and for the duration of treatment.
- Never share prescription drugs.
- Check expiration dates. Discard any drugs that are outdated or no longer needed.
- To avoid potentially harmful changes in effectiveness, do not change brands of drug without medical approval.
- Never mix different drugs in a single container.
- Do not remove any drug from its original container or remove the label. Relying on your memory to identify a drug and specific directions for its use is hazardous.
- Before you have any surgery (including dental surgery), tell the doctor about all the drugs that you have been taking.
- Try to have all your prescriptions filled at the same pharmacy so that the pharmacist can identify and warn against potentially harmful drug interactions.
- Inform the pharmacist and doctor of any over-the-counter or herbal drugs you are taking.
- Be sure to bring ample supplies of your drugs with you when you travel.

## Strange ... but true

(things you probably didn't know)

- ◆ "Go." is the shortest complete sentence in the English language.
- ◆ Our eyes are always the same size from birth. Our nose and ears never stop growing.
- ◆ A snail can sleep for three years.
- ◆ Elephants are the only animals that can't jump.
- ◆ Americans on average eat 18 acres of pizza every day.
- ◆ If Barbie were life-size, her measurements would be 39-33-33 and she would stand seven feet, two inches tall.
- ◆ On average, 100 people choke to death on ballpoint pens every year.
- ◆ Butterflies taste with their feet.
- ◆ It's possible to lead a cow upstairs... but not downstairs.
- ◆ Average life span of a major league baseball: 7 pitches.
- ◆ An ostrich's eye is bigger than its brain.
- ◆ A duck's quack doesn't echo, and no one knows why.
- ◆ Women blink nearly twice as much as men.



Safety continued from Page 3

Committee Representative any safety concern. Yes, safety is everyone's responsibility, but that does not mean that no one is in charge.

Safety continued from Page 3

It's difficult to get people's attention on pedestrian safety," says Maria Vegega of the National Highway Transportation Safety Administration's office of traffic injury control programs. "We need to put a face to the victims."

### Navigate safely on foot

Here are some tips that can help you become a safer pedestrian.

- ✦ Wear visible clothing
- ✦ Don't drink and walk
- ✦ Be especially careful when you walk at night, dawn or dusk.
- ✦ Cross at intersections or marked crosswalks.
- ✦ Avoid roadways. You're far safer walking on a sidewalk.
- ✦ Cross the street properly.
- ✦ Understand signals.
- ✦ Walk with children, always hold their hands.
- ✦ Older adults-pay heed. According to an NHTSA study, pedestrians 65 and older are more than twice as likely to be involved in fatal crashes at intersections than people younger than 65.