

BITS & PIECES

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ANIMAL SERVICES TOUR

By: Michele Hunter, Executive Secretary and David L. Dolanar, Deputy Executive Officer



Have you ever wondered what happens to a stray animal when picked up by an Animal Services Officer?

On May 20, 2004, we visited and were given a tour of the County's Animal Services Department. Director Michael Rodriguez and his staff Linda Ford gave us the opportunity to understand how stray animals are cared for, how new homes are found for them through adoption and finally the outcome of animals if not claimed or adopted.

Animal Services is staffed with 31 full-time employees and 258 volunteers, who have

given 15,000 hours of their time since May, 2002. Safety training is provided to the volunteers to protect the volunteer and the animal from injuries. There are about 200 people per day who visit Animal Services.

We were very impressed with how organized the department is, with the cleanliness of the animal area and the attention taken to provide healthy animal care. Specific cleaning solutions are used to prevent harmful chemicals from absorbing through the paws of cats that can cause liver damage. The kennel areas and cat room are kept clean around the clock.

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HEALTH AND SAFETY TRAINING - RESCHEDULED

By: David L. Dolanar, Deputy Executive Officer

As mentioned in the last issue of the Bits & Pieces Newsletter, Health and Safety Training will continue to be provided during Fiscal Year 2004 - 2005. However, this event is now being **rescheduled from the original date of October 12 - 13, 2004 to March 8 - 10, 2005.**



March 8-10, 2005

The new date will hopefully place us past the many final budget preparation activities, which will be facing us in August and September and open enrollment in October. As previously mentioned, this upcoming event will be scaled down even further than the previous year and the County will utilize in-

ternal resources to provide mandated training. The rescheduling of the training sessions is designed to give us some breathing room after the budget is adopted, open enrollment is complete and the Holiday Season is over.

Additional information will be sent out as we become involved with department personnel to assist in the planning and development of this event. We will be in contact with the Safety Representatives and other staff in the near future. Again, the Health and Safety Training is rescheduled for March 8 - 10, 2005.

A perfect summer day
is when
the sun is shining, the
breeze is
blowing,
the birds are
singing, and
the lawn mower
is broken.

~James Dent

THE SUMMER HEAT IS BACK

By: David Becker, Safety Officer

With the summer heat being back we need to review the heat related injuries that can occur during hot weather. We need to recognize each injury for what it is and understand how to prevent such injury. We also need to know what first aid treatment is necessary should we become injured.

1. Sunburn

Sunburn is caused by excessive exposure of the unprotected skin to ultra violet rays. This can be on an overcast or sunny day. Too much sun can cause a first degree burn, which consists of red painful skin. To prevent these burns wear lightweight clothing to cover your skin and/or use sun block lotion or crème. Look for a good SPF rating on any sun block. SPF 15 or above is required. For first aid, cool the skin and keep the person out of the sun. Over the counter pain relievers may also help.

2. Heat Rash

Heat rash is common when working in hot, humid areas. Your skin feels prickly and is usually red and itchy. To prevent heat rash wear loose fitting, light colored, clothing, made of a material that moves moisture away from the skin. This may mean getting out of cotton clothing in hot humid conditions. There are many synthetic fabrics that work well at moving moisture away from the skin and still allow the skin to breathe. Even a light weight wool material will work better than most cottons. Should you fall victim to this rash the best treatment is to use ointment to soothe the area, cool dry air and time.

3. Heat Cramps

Heat Cramps are muscle cramps that usually occur in the arms or legs. They are caused by the loss of body fluids due to heavy sweating. To prevent heat cramps we must drink large amounts of fluid whenever working in hot conditions. You can monitor your water intake by your urine output. In warm conditions you should take in enough fluids to void at least

five times per day. The fluid should be water or a sports drink. I at times cut the sport drink by adding additional water to the sport drink. Many people begin to alter their activity on hot days by working out doors in the early morning or evening when the heat is less. Symptoms include hot, moist skin and elevated body temperature. First aid is to get the victim in the shade, loosen their clothing and give them cool water. If cramping continues seek medical aid.

4. Heat Exhaustion

Due to dehydration your body's heat control system breaks down. To prevent this you should again drink large amounts of fluid whenever working in hot conditions. Heat exhaustion results in weakness, rapid pulse, dizziness, headache, nausea, vomiting, and clammy skin with a normal body temperature. The proper first aid is to move the person to a cool place, lay them down with their legs straight and elevated eight to twelve inches, apply wet towels or just wet their clothing to help them cool down. Should the patient be conscious give him or her cool water to drink. Get medical help.

5. Heat Stroke

This is a medical emergency. In heat stroke the bodies cooling system has totally broken down and the body has no way to control it's temperature. Symptoms include high body temperature, hot dry skin, weakness, and a rapid pulse and breathing rate. The person may lose consciousness. This condition can also cause seizures, convulsions, and death. GET MEDICAL ATTENTION IMMEDIATELY. The proper first aid is to get the person out of the direct heat. Then lay the person down with head and shoulders slightly elevated and cool them as quickly as possible. Use any cool or cold fluids even ice to bring the body temperature down. Treat for shock, AND GET MEDICAL ATTENTION NOW!

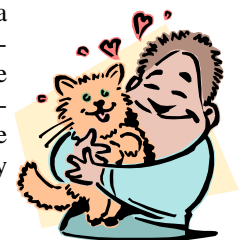


Animal Services Tour—Continued from Front Page

The department and staff are extremely safety conscious, have quarterly safety meetings and use personal protective equipment (ear, eye, gloves) pursuant to the Stanislaus County Safety manual. In the clinic where minor surgical procedures are performed, Linex flooring was installed to prevent slips/trip/falls and provide a more sanitary environment. New animal cages referred to as "T Kennels" were purchased approximately two years ago to confine and reduce the handling of feral cats. This purchase has reduced bites and scratch injuries by 70 percent. The holding area for dogs ready for adoption has piped music to help reduce their stress while waiting for a new home. Many items are donated to Animal Services such as food donated by Science Diet, and toys, towels and

blankets donated by the public. A play yard/get acquainted area is available to mingle with the animals .

Approximately 22,000 animals per year are cared for at the Department of Animal Services. The department is very busy but provides a high level of service to the public. Many improvements have been made over the years and much more is planned for the future. Mike and his staff are certainly commended for operating a safe, clean and well managed department that Stanislaus County can be proud of. Congratulations to the Animal Services Staff on a job well done and Kudos to the department's safety officer Dorothy DiGino!



“SUPERSIZING HITS THE DINNER TABLE”

Submitted by *Casi Persons- Employee Benefits Coordinator*



SUPERSIZING

In addition to the super-size fries and big-gulp drinks served in countless restaurants, Americans are eating bigger and bigger portions at home as well, according to the first study to examine the issue. Between 1977 and 1996, average portion sizes ballooned for salty snacks, soft drinks, French fries, hamburgers, and other mainstays of the much criticized American diet. The trend toward bigger helpings provides strong new evidence that a driving force behind the nation's obesity epidemic is that people are simply eating more. We have learned from a new study conducted at the University of North Carolina in Chapel Hill that portion sizes have increased overtime, and it's not just outside the home. This is also occurring inside the home, which is not good news. Although previous studies have documented a trend toward bigger portions in restaurants, packaged foods, and even in recipes, the new study is the first to examine how much people actually eat, especially at their own dinner tables. The nation

is amid an epidemic of excess weight and obesity, which sharply increases the risk for a host of serious health problems, including heart disease, stroke, cancer, and diabetes. While lack of exercise is considered an important factor in the nation's weight problem, the new data underscores the idea that the larger portions people are eating play a major role, too, experts say. The growth in portion sizes has coincided with the rise in the number of people who are overweight or obese. Data collected and examined from two earlier surveys: the Nationwide Food Consumption Survey in 1977-78 and the Continuing Survey of Food Intakes by individuals between 1991 and 1996. Together, the samples consist of 63,380 people ages 2 and older. Between 1977 and 1996, portion sizes increased both inside and outside the homes for all categories except pizza – an exception the researchers could not explain. Let's say you take in an extra 10 calories a day. Well, in a year, that's a pound. We're looking at increases of almost 100 calories for some of these foods. Chances are this will lead to weight gain.

WORKERS COMPENSATION REFORM

By: *Peggy Huntsinger, Disability Manager*

Undoubtedly you have heard a great deal about the need for workers compensation reform over the past few years. AB227 and SB228 (effective 1/1/04) and most recently SB899 (emergency legislation, for the most part, effective 4/19/04). This article will not address all of the changes, but will focus on the changes with the most impact to you as County employees.

Effective 4/19/04 only employees who are covered by one of the County's health insurance plans may pre-designate his/her personal physician to treat them in the event of a work related injury or illness. The Designated Physician form is available from the CEO-Risk Management Division office or on the Division's web page <http://www.co.stanislaus.ca.us/riskmgmt/DM%20PDF/Stan%20County%20899%20Physician%20Designation%20Form.pdf>

All **medical treatment** MUST be preauthorized. Failure to receive preauthorization could result in medical bills not being paid. Medical treatment is limited to only treatment that is "reasonably required to cure or relieve" and limited to treatment guidelines adopted by the Administrative Director (LC5307.27) or the ACOEM guidelines. What is ACOEM? The American College of Occupational and Environmental Medicine. ACOEM has developed a guideline for treatment of most occupational injuries. All medical treatment is subject to Utilization Review. If the treatment fits the ACOEM guidelines most likely the treatment will be authorized. Treatment guidelines can only be rebutted by scientific medical evidence. Evidence must be nationally recognized and peer reviewed.



For dates of injury 1/1/04 and later, chiropractic care, physical therapy and occupational therapy are limited to no more than 24 visits over the lifetime of the claim. Physical therapy visits should be primarily educational in nature so that the employee learns how to provide self-care through exercise, etc.

Patients Right to select a treating doctor (LC4616.3). If an employee becomes dissatisfied with his/her treating doctor the employee may select a new doctor within the employer's network. The employee may obtain a second and third medical opinion within the network. Ability to treat outside the network may only be granted by the employer or the Administrative Director through the use of an IMR - Independent Medical Review.

Medical treatment for delayed claims. There are times when we are not sure if work caused the injury or illness and in those cases a claim will be placed on delay and the claim will be investigated. Medical treatment that is reasonably required to cure or relieve will be provided and will be subject to ACOEM and Utilization Review. Any medical treatment that is not preauthorized may become the employee's financial responsibility.

Any person who makes or causes to be made any knowingly false or fraudulent material statement or material representation for the purpose of obtaining or denying workers compensation benefits is guilty of a felony. Civil immunity is granted to people who are required to report fraud when such person acts in good faith, without malice, and reasonably believes that the action taken was warranted by the known facts, obtained by reasonable efforts (LC3823).



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" Overcoming the unexpected and discovering the unknown is what ignites our spirit. It is what life is all about."

-Daniel S. Goldin

Did you know....

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock didn't have a belly button.
3. People do not get sick from cold weather; it's from being indoors a lot more.
4. When you sneeze, all bodily functions stop, even your heart!
5. Only 7 percent of the population are lefties.
6. Forty people are sent to the hospital for dog bites every minute.
7. Babies are born without kneecaps. They don't appear until they are 2-6 years old.
8. The average person over 50 will have spent 5 years waiting in lines.
9. The toothbrush was invented in 1498.
10. The average housefly lives for one month.
11. 40,000 Americans are injured by toilets each year.
12. Your feet are bigger in the afternoon than any other time of day.
13. Most of us have eaten a spider in our sleep.
14. Most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
15. Prince Charles and Prince William NEVER travel on the same airplane, just in case there is a crash.
16. The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
17. If coloring weren't added to Coca-Cola, it would be green.



(Now go back and think about No. 13!)...I wanna know who found this out?

**STANISLAUS COUNTY
ANNUAL OPEN ENROLLMENT**

October 2004

SUN	MON	TUE	WED	THU	FRI	SAT
	Distribute Forms to Payroll Clerks		\$ Payday Forms to Employees		1 OE Starts CSA Caf Training 9:00 am-5:00 pm	2
3	4 1010-10th St Basement Training Room 9:00 am-2:00 pm	5 HSA Martin Conf. Room 9:00 am-Noon 2:00 pm-4:00 pm	6 Sheriff Adm. Room #152 6:30 am-9:30 am 3:30pm-6:30pm	7 Ag Center Inside Conf. Room 8:30 am-Noon	8	9
10	11 Columbus Day 	12	13 Payday \$	14	15	16 National Boss Day
17	18	19	20	21	22	23
24	25	26	27 Payday \$	28	29 Open Enrollment Ends 	30
31 Day Light Savings Ends ~Halloween~ 						