

BITS & PIECES

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Health & Safety Training

By: David L. Dolanar, Deputy Executive Officer



All classes for the Health and Safety Training event for **October 9-11, 2007** are developed and the instructors are confirmed.

Departmental Safety Representatives will be providing registration forms early in August for distribution to all employees. **The registration deadline for this year's event is September 7, 2007.** This will allow the CEO-Risk Management Division time to input all registered employees into the PeopleSoft system for training records. **Employees must obtain prior approval from their supervisors before registering for classes.** A description of the classes will be listed on the CEO-Risk Management Division website in early August. We hope this year's training event will provide employees with some additional skills to perform their job duties safely at work.

Following are the classes which will be offered this year. Be sure to mark your calendars for **October 9-11, 2007.** We look forward to another successful Health and Safety Training event.

- Accident Investigation
- Asbestos Awareness
- Bloodborne Pathogens
- Citizen Emergency Response
- Communicable Disease
- Disaster Preparation
- Driver Improvement
- Ergonomics for a Healthy Life
- Fire Extinguisher
- Gangs—**NEW**
- HazCom
- Healthy @ Work
- Hearing Conservation
- Injury Illness Prevention Plan
- Injury Prevention—Upper Extremities
- IT Security
- Keep Baby Safe Update
- Laugh Yourself Safe—**NEW**
- Lead Awareness
- Office Ergonomics
- Security Violence in the Workplace
- Slip, Trip, Fall
- Tai Chi—**NEW**
- Weather Extremes—**NEW**
- Yoga



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**Control Yourself:
Remember, anger is
just one letter
short of danger**

~Harvey MacKay

**Nothing in life is to
be feared. It is only
to be understood.**

~Marie Curie

Kaiser Permanente in Stanislaus

Submitted by: Barbara Cooper, Employee Benefits Manager

Kaiser Permanente recently announced several changes in their contracted provider network. Kaiser will no longer contract with following primary care providers in the Stanislaus Provider Network:

Peter LaTorre, MD (retiring October 31, 2007)

McHenry Medical Group-Primary Care (effective January 01, 2008)

Kerry Evnin, MD (effective January 01, 2008)

Edward L. Auen, MD (effective July 01, 2008)

Gervacio D. Diaz, MD (effective July 01, 2008)


Kaiser Permanente members who currently see any of the above providers will be asked to select a new primary care physician. To ensure a smooth transition, a special toll-free number has been set up at 1-866-880-5763. **Remember Open Enrollment is right around the corner.....see calendar enclosed.**

Healthy TidBits

By: Peggy J. Huntsinger, Disability Manager

Many of the Health and Wellness articles I have read over the past few months have focused on the benefits of antioxidants. I have tried to compile the information I gleaned from the various articles here for you. What are Antioxidants and why does everyone seem to be talking about them? *Anti-oxidants are a broad group of compounds (as beta-carotene or vitamin C, etc), that can bind to free oxygen radicals preventing these radicals from damaging healthy cells.* Free (oxygen) radicals are unstable molecules that can freely react with and destroy healthy cells. Free radicals can bind to and alter the structure of DNA causing mutations and may eventually led to cancer, heart, eye and or neurological diseases. Antioxidants are essential to good health and are found naturally in a wide variety of foods and plants. There are many antioxidant supplements available, but taking too high a dose can cause more harm than good. A better way to infuse antioxidants into your body is by adding food rich in antioxidants to your diet.



 The most obvious sources of antioxidants are fruits and vegetables that are rich in color including; blueberries, bilberries, pink grapefruit, grapes (skins), cantaloupe, mangos, carrots, tomatoes, yams, leafy greens, pumpkin, & peanut (skins), etc.

On an ounce-per-ounce basis herbs and spices have more antioxidants than fruits and vegetables. Cloves have the highest antioxidant content followed by oregano, ginger, cinnamon and turmeric. Fennel seed offers relief from gas, mild GI cramping and just feeling stuffed. Ginger quells nausea and vomiting caused by motion sickness or digestive problems. Garlic may reduce the risk of heart disease by decreasing blood cholesterol, preventing clogged arteries and lowering blood pressure; it may also reduce the risk of cancer. Cinnamon helps soothe mild gastrointestinal conditions such as bloating.

Just a small handful of nuts are packed with protein, other nutrients, fiber and health-protective plant substances. One and a half ounces of nuts a day may reduce your chance of heart disease. Different nuts have different benefits: almonds for the most fiber, almonds and hazelnuts for the most vitamin E, pecans for more cancer fighting elegiac acid, Brazil nuts for more selenium, cashews and pistachios for more potassium, walnuts for omega 3 fatty acids. Did you know that Nuts are cholesterol-free and they can even aid in weight loss?

Green tea and dark chocolate squares (the darker the better for more antioxidant power) are also excellent sources of antioxidants.

Another benefit for increasing your intake of foods rich in antioxidants is they may slow the aging process and boost your immune system.

Ask your health care provider, who can be more specific in telling you how antioxidants might benefit you, and in devising a healthy diet complete with antioxidants or go on line and check out some of the other resources listed below:

American Cancer Society www.cancer.org, American Dietetic Association www.eatright.org, American Heart Association www.americanheart.org, American Institute for Cancer Research www.aicr.org, the Dietary Guidelines for Americans www.healthierus.gov/dietaryguidelines, Food and Drug Administration www.fda.gov, Institute of Food Technologists www.ift.org, Institute of Medicine Food and Nutrition Board www.iom.edu, National Cancer Institute www.cancer.gov, National Institutes of Health Office of Dietary Supplements www.ods.od.nih.gov, United States Department of Agriculture www.usda.gov www.mypyramid.gov

Lawnmowers

Submitted by: Ed Fenton, Liability Claims/Insurance Manager

We tend to be a little bit casual about lawn mowers. Sometimes we forget that they are dangerous tools. Children should be at least 16 years old to operate a riding lawn mower and 12 years old to operate a push mower. Children under 6 years of age should be kept indoors and never allowed to ride as a passenger on a mower. Dr. Abe Jacob warns that lawnmowers can be very hazardous. "Children should be taught good safety habits around lawnmowers. Anyone who operates a lawnmower should always wear protective clothing, eyewear and



sturdy shoes. Kids should avoid running lawnmowers and watch out for rocks from lawnmowers." The best way to prevent injuries from flying objects, such as stones or toys, is to pick up objects from the lawn before mowing begins. Model good safety habits by remembering to always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute or crossing gravel paths, roads or other areas.

Outdoor Eating Food Safety Tips

Submitted by: Diane Pearson, Safety Assistant



To protect yourself, your family, and friends from foodborne illness, practice safe food handling techniques when eating outdoors. Keep these tips in mind when preparing, storing, and cooking food for picnics and barbecues.

When You Transport Food

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 40°F.
- Consider packing beverages in one cooler and perishable foods in another.
- Meat, poultry, and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry, and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw such as fruits and vegetables.
- Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened.

When You Serve Food

- Food safety begins with hand-washing even in outdoor settings. And it can be as simple as using a water jug, some soap, and paper towels.
- Consider using moist disposable towelettes for cleaning your hands.
- Keep cold foods cold and hot foods hot.
- Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.
- Hot food should be kept hot, at or above 140°F. Wrap well and place in an insulated container.
- Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.
- Don't let perishable food sit out longer than 2 hours.
- Food should not sit out for more than 1 hour in temperatures above 90°F

2008 OPEN ENROLLMENT SEPTEMBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Open Enrollment Begins	1
2	3 Labor Day	4	5 HSA 9:00a – Noon 2:00p — 3:30p	6	7 Sheriff's 7:00a-9:00a 4:00p-5:30p	8
9	10 CSA 9:30a—4:30p	11	12 10th Street 9:30a—1:00p	13 Ag Center 9:00a—11:30a	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 Open Enrollment Ends	29 
30						

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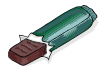
[www.co.stanislaus
.ca.us/riskmgmt/
index.htm](http://www.co.stanislaus.ca.us/riskmgmt/index.htm)



Did you know...



- Over 5 billion crayons are produced each year.
- The first crayons consisted of a mixture of charcoal and oil.
- The first Crayola crayons came in a box of eight colors. Today there are more than 120 crayon colors.
- The can opener was invented 48 years after cans were introduced. Cans were opened with a hammer and chisel before the advent of can openers.
- The first electronic mail, or "email", was sent in 1972 by Ray Tomlinson. It was also his idea to use the @ sign to separate the name of the user from the name of the computer.
- The first bicycle that was made in 1817 by Baron Von Drais didn't have any pedals. People walked it along.
- In 1865, pedals were added and people could ride their bicycles. The bicycles were made of wood.
- Air-filled tires were used on bicycles before they were used on motorcars.
- The trademarked name "Baby Ruth" was inspired by President Grover Cleveland's daughter, Ruth, and not by Babe Ruth.



Safety Corner

Burns



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

There are three different classifications of burns – First, Second and Third degree. Treatment for burns has not changed under the 2005 Guidelines. We provide first aid for burns *almost* exactly the same for all three types of burns.

First and Second degree burns are first cooled with cool water only! For a Third degree burn, we **do not** cool down the burn as this could contaminate the wound and possibly cause an infection. From here, first aid treatment is the same for all three types of burns. Cover the area with a clean, dry dressing, treat for shock if necessary and in the case of a third degree burn, seek medical attention.

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.