STANISLAUS COUNTY
CEO-RISK MANAGEMENT DIVISION

BITS & PIECES

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HEALTH & SAFETY TRAINING

BY: DAVID L. DOLENAR, DEPUTY EXECUTIVE OFFICER

Planning for the annual Health and Safety Training – 2009 is well underway. Instructors have been identified and confirmed. The number of classes and sessions will be reduced this year to take into consideration budget reductions in staff and services. Although there will be a reduction in the number in classes, it is now more important and critical than ever to attend health and safety training this year. Employees must be aware of their personal health and receive the knowledge in job safety to maintain the County's safety culture during these difficult economic times.

Safety classes being offered:

- Accident Investigation
- Disaster Prevention
- Dog Bite Prevention
- Driver Improvement Program
- Drivers Safety (New)
- Field Safety – Home visits
- Fire Extinguisher Training
- Gangs
- Hazard Communications
- Information Technology Security
- Injury Illness Prevention Program
- Keep Baby Safe – Update
- Laugh Yourself Safe
- Office Ergonomics
- Security/Violence in the Workplace
- Slip/Trip/Fall
- Weather Extremes

Health Classes being offered:

- Blood borne Pathogens
- Communicable Disease
- Diffusing the Difficult Customer
- Stress and Relaxation (New)
- Tai Chi
- Understanding and Dealing with Trauma
- Yoga

Please begin to identify the classes you wish to take this year. Be sure to discuss and receive approval from your supervisor for any class, to allow for coverage and workload issues in your department. On line registration is tentatively set for September. Please mark your calendars now and plan on attending the classes which are appropriate for your personal health and job safety. We look forward to this year's event and wish you all success in your respective job responsibilities this coming year.

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The difference between the impossible and the possible lies in one's determination"

~Tommy Lasorda

STANISLAUS COUNTY IS GOING GREEN

BY: CASI PERSONS, EMPLOYEE BENEFITS COORDINATOR

Self Service is available to Employees—

Did you know that you have direct access to view your own Benefits, Payroll and Training Information online? Did you know that you can enter your own health insurance benefit changes, enroll in a training class or print your paycheck advice notice?

If you have a County e-mail address, then you already have access to this easy to use feature. To find out how to access Self Service via PeopleSoft, go to the County's Intranet page at: http://saturn/intranet/. Under the menu item Resources/Self-Service Tutorials, you will be able to view an online tutorial that will show you step by step how to access Self Service Benefits Information, enter a Benefits Life Event, enroll in Training and even print your own paycheck advice notice!

This is Stanislaus County's way of protecting the environment by going green and eliminating more paper.

If you have any questions about Self Service, feel free to send us an e-mail at: CountyBenefits@stancounty.com.

WHY YOU NEED UNINSURED MOTORISTS COVERAGE

SUBMITTED BY: ED FENTON, LIABILITY CLAIMS/INSURANCE MANAGER

Uninsured motorists (UM) coverage provides insurance protection for bodily injury, and in some states property damage, caused by a motorist who is not insured. This coverage allows you to collect from your own insurance company as if it provided liability coverage for the negligent and uninsured driver. In contrast, underinsured motorists (UIM) coverage provides insurance protection for bodily injury, and in some states property damage, sustained by you when a motorist who is not sufficiently insured, negligently causes an accident. The following list provides reasons why you should buy UM/UIM coverage.

1. The chance of a negligent uninsured motorist hitting you is greater than you might think. In some states, up to 32 percent of all drivers lack automobile insurance. The Countywide average is 14 percent.
2. UM and UIM coverage is broad, since it provides benefits for you and your family members' injuries sustained (a) in your own covered auto, (b) in autos you do not own, and (c) as pedestrians.
3. The cost for this coverage is very reasonable, compared to liability coverage and physical damage coverage for your own car. The increased costs for higher UM/UIM limits are quite affordable for most people.
4. If your car is damaged by an uninsured driver, the deductible for UM property damage, if available in your state, is normally only $250. This amount is often considered less than your collision coverage deductible.

Resource: International Risk Management Institute

SAFETY IT'S SIMPLE!

BY: DONNA FLORES, SAFETY ANALYST/TRAINER

A new county wide safety campaign was kicked off in July. The theme for the 2009-2010 campaign is **"Safety – It's Simple!"** The focus will be on several areas of injury prevention, including slip, trip, and fall, vehicle/driving safety, and ergonomics. Communications will be sent out monthly to be distributed to all employees. July's message was about slip, trip and fall awareness and Augusts' communication will be about distracted driving.

WEB BASED TRAINING

BY: KEVIN WATSON, SAFETY ANALYST/TRAINER

There is an alternative to traditional classroom training which is available to all County employees.

Over the years, we have been asked to develop some alternatives to sending staff to classes. We finally have a great option available – taking classes right from the comfort and convenience of your office. Topics available range from: General Safety, Environmental Awareness, Occupational Health, Human Resources, Motor Vehicle Safety, Employment Practices for Supervisors and Sexual Harassment.

Getting set-up in this system is easy. If you contact your Safety Representative, they will let us know who and what classes to assign, any due dates etc... We will then send out a link to the website with your User ID and Password and you are free to begin taking your classes.

A nice feature of these computer based training classes is you can start and stop as you need; the system bookmarks where you stopped so you can pick up right where you left off. Once you complete the class and successfully pass the test, you can print out a very nice certificate of completion for the class.

Give the computer based training a try and see if you agree this is a great new option to complete training, at your convenience!

DISTRACTED DRIVING

BY: DIANE TOLLEFSON, OPERATIONS MANAGER—CSA

According to a National Highway Traffic Safety Administration (NHTSA) study, motor vehicle traffic accidents are the **number one** cause of death for 4 to 34 year olds.

Teens are involved in many driving accidents and distracted driving is the number one killer of American teens. (Children's Hospital of Philadelphia, State Farm Insurance study and the NHTSA study).

It is not just teens being distracted while driving. A study by the Network of Employers for Traffic Safety shows that driver distraction is a contributing factor in 25-50% of all crashes, causing an estimated 4,000 to 8,000 traffic crashes each day. Nearly all drivers (94%) reported having engaged in activities that are potentially distracting while driving while 39% of respondents reported engaging in distracted driving activities during their working hours.

ExpertLaw.Com reports that while distractions outside of the car are unavoidable but inside the car, distractions are under the control of the driver and they should attempt to minimize these distractions. Major distractions include:

Application of Make-Up **Do not do it while driving.**

Children - Kids can be very distracting to drivers.

Dropped Items - Drivers should avoid trying to pick up items dropped while the car is in motion.

Eating - The act of eating can be distracting as well as dropping food or looking around the car for food. Eat before you leave home or stop and take a break to eat.

Reading – Books, maps, and other written materials. **Don't read while driving!**

Use of Computers, DVD Players and PDA's - Drivers **should not attempt to use these devices** while driving.

Use of the Radio or CD Player - Don't become distracted when adjusting a radio or changing CD's while driving.

Cellular Phone Usage- Both hands-free and hand-held devices can distract drivers and it is best to wait until drivers are safely off the road before making cell phone calls. If drivers must make calls while driving (and using a hand-free device, of course) and encounter a hazardous condition or situation, hang up. Try not to have a stressful or emotional conversation that could distract attention.

Please don't become a distracted driver. We do not want you to become a statistic.

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Did you know...

After Julius's grandnephew Augustus defeated Marc Anthony and Cleopatra, and became emperor of Rome, the Roman Senate decided that he too should have a month named after him. The month *Sextillus* (sex = six) was chosen for Augustus.

Not only did the Senate name a month after Augustus, but it decided that since Julius's month, July, had 31 days, Augustus's month should equal it: under the Julian calendar, the months alternated evenly between 30 and 31 days (with the exception of February), which made August 30 days long. So, instead of August having a mere 30 days, it was lengthened to 31, preventing anyone from claiming that Emperor Augustus was saddled with an inferior month.

To accommodate this change two other calendrical adjustments were necessary:

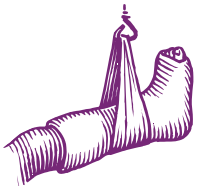
1. The extra day needed to inflate the importance of August was taken from February, which originally had 29 days (30 in a leap year), and was now reduced to 28 days (29 in a leap year).

2. Since the months evenly alternated between 30 and 31 days, adding the extra day to August meant that July, August, and September would all have 31 days. So to avoid three long months in a row, the lengths of the last four months were switched around, giving us 30 days in September, April, June, and November.

Among Roman rulers, only Julius and Augustus permanently had months named after them—though this wasn't for lack of trying on the part of later emperors.

Resource: www.infoplease.com/spot/history-of-august.html

Safety Corner



STRAINS/SPRAINS

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

Use the **R.I.C.E.** method for treating Strains and Sprains.

Rest – stop doing what you were doing that caused the injury in the fist place; relax

Ice – apply ice to the affected area, 10 minutes on, 10 minutes off. This will minimize swelling

Compression – use an elastic wrap

Elevation – raise the affected area

Current teaching has us keeping the victim safe and comfortable until advanced care arrives. The expectation is that an ambulance will be on-scene within a few minutes. If you are in an area that is not covered by ambulance service within several minutes, it would be a good idea to take a more advanced First Aid course. We consider this a "higher risk lifestyle" – camping, hiking, rock climbing, mountain biking etc… Thus, your First Aid skills and kit should be more extensive than that of the "flat-lander couch potato". Since teaching these skills does not transcend Department and Division lines, the CEO-Risk Management Division does not offer these classes. If your department is interested in offering a more advanced class, we would be happy to assist you in setting it up. Please call the CEO-Risk Management Division, Safety Unit at 525-5781 to get a class(s) scheduled!

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.

2010 Open Enrollment Schedule

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 **OE Forms Distributed to Payroll Clerks**	5	6 **OPEN ENROLLMENT STARTS**	7
8	9 CSA Lg Training Rm 9:30am-3:30pm	10 Ag Center Rm H&I 9:00am-11:30am	11 **Veterans' Day**	12	13 HSA Martin Conf Rm 9:00am-Noon 2:00pm-3:30pm	14
15	16 1010 10th St. Basement Training Rm 9:30am-1:00pm	17 Sheriff's Conf Rm #152 7:00am-9:00am 4:00pm-5:00pm	18	19	20 **OPEN ENROLLMENT ENDS**	21
22	23 **Payroll Clerks turn in OE forms to EB**	24	25	26 **Thanksgiving**	27 **Thanksgiving**	28
29	30					

2009