

BITS & PIECES

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HEALTH AND SAFETY TRAINING MARCH 8TH, 9TH AND 10TH 2005

By: David L. Dolenar, Deputy Executive Officer

Mark your calendars and be prepared to register for valuable and informative classes at this year's Health and Safety Training.

Due to ongoing budget constraints, the CEO-Risk Management Division will continue to provide educational opportunities for all County employees at the same level as last year. There will be internal and external trainers covering topics that can be useful in our work lives and will help us remain safe and healthy in our personal lives. Eventually we expect to increase the number and variety of classes, return to sponsorships and exhibitors and again become involved with the community and its businesses.

Based on responses received from last year's survey, we are again offering Office Ergonomics by Mary Krost, Back Ergonomics by Dwight Peace, Driver Safety by Craig Dill and Fire Prevention/Fire Extinguishers by Jorgenson & Co. Other classes include; Blood-Borne Pathogens, Car Seat Safety, Disaster Preparation, General Ergonomics, Hazard Communications, Injury Illness Prevention Plan, Security/Violence in the Workplace and Slip/Trip/Fall.

This year we have a special guest speaker,

Dr. Paul Joseph Braaton from Ortho Med Center, Orthopedic & Sports Medicine Center. Dr. Braaton is a board certified orthopedic surgeon specializing in the care of the foot and ankle. This topic is essential for people who are on their feet all day and also may be of interest to those who may require surgery, are diabetic, have arthritis and/or tendonitis or would like information on the over all care of the feet and ankle. Dr. Braaton is only available to facilitate one class so mark your calendars to attend this class scheduled from 8:00 - 9:00 on March 9th.



To access the Health and Safety Training class schedule copy and paste the following link into your internet browser.

www.co.stanislaus.ca.us/riskmgt/Health%20and%20Safety%20Training.htm

To register for classes, contact your department's Registrar. Registrars are listed on the last page of this newsletter.

As in the past, the Board of Supervisors continues to support Health and Safety Training that will assist you, your co-workers and family to work and live in a safer environment. Have a safe and informative training session!

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*In the end,
we will remember
not the words of
our enemies,
but the silence of
our friends.*

*Everything that
we see is a shadow
cast by that which
we do not see.*

~Martin Luther King Jr.

SURVIVING HOME FIRES

By: David Becker, Safety Officer

The September/October 2003, National Fire Protection Association Journal had two interesting articles I want to share with you. After reading "Exit Drills in the Home" and "Heads Up," I thought back to some of the fires I have seen in my career and reflected on how the loss of life could have been avoided. We see fires on television, however, they often-times do not resemble a real fire.

I hope these highlights from the two articles will help you to prepare for a fire before it occurs:

- According to NFPA 1999 Home Fire Escape survey, only 25% of those surveyed actually developed and practiced a home fire escape plan to insure they could escape quickly and safely.
- Among the reasons given for not having or practicing a home fire escape are "never thought about it;" "no need to;" "too lazy" and "don't have time."
- The survey also noted that those people with children at home are more likely to have practiced their fire escape plan than those without children in the home.
- NFPA points out that a recent media report questioned whether kids would wake up at the sound of smoke alarms. If you have children in the home that may fail to awaken during a fire alarm. Make sure someone is assigned to wake them up as part of the drill and in the case of a real emergency.
- Practice your home fire escape plan twice a year making your home drills as realistic as possible.
- The survey also indicated that, if smoke alarms went off in the middle of the night, only 39% said they would leave the house immediately, while 56% said they would investigate to find the source of the fire alarm.



died in these fires would have survived if they had properly placed their smoke detectors, held practice fire drills, or had a more realistic understanding of fires.

Another article in the journal categorized fires into slow, medium, fast and ultra-fast spreading fires. The tests done by NFPA were in the worst case scenario fires that included bedrooms, kitchens and family rooms. The fires usually involved upholstered furniture and were staged in the corner of rooms where there are combustible vertical surfaces directly adjacent to the furniture. Slow burning fires reach a burning rate of 1,000 Btu/s in 600 seconds while a medium fire reaches the same 1,000 Btu/s in 300 seconds. A fast burning fire reaches the same Btu/s in 150 seconds. The ultra fast fires reach the same Btu/s in 75 seconds. If most home fires are ultra fast fires then time is never on your side in a residential fire.

Recommendations:

- Deploy smoke detectors in bedrooms where anybody is sleeping with a door closed, in hallways on every separate level of the home, in kitchens, in garages and even in attic spaces.
- Alarms should be arranged so people who will be awakened by the fire alarms can respond immediately.
- If you are awakened by a fire alarm, exit the house immediately. **Time is not on your side.** While you are exiting the house, get the people in adjacent rooms out. Get out of the house while you still can.
- Once outside, you can attempt to rescue those who may still be inside by pounding on the windows and shouting. **DO NOT RE-ENTER THE HOUSE.**

These articles made me reflect on the seriousness of fires. We need to take time to consider the potentially disastrous consequences of a catastrophic fire occurring in our homes and take preventive action. Do not become a statistic. The worst fires are those where an entire family was lost due to dead batteries in their smoke detector. Let us learn from past mistakes and live another day.

While looking at the data for catastrophic fires in 2002, I see a list of 15 fires that resulted in the deaths of 5 to 8 people each time. These fires are evenly divided between warm weather and cold weather fires. I wonder if any of the people who

TACKLE GERMS THE EASY WAY

Submitted by: Barbara Cooper, Employee Benefits Manager



What's one of the best ways to protect yourself and your family from harmful germs? Hand washing. This simple task can help prevent colds, food poisoning and even more serious illnesses, like meningitis.

It's crucial to make sure your hands are washed before, during and after food preparation; before eating; and after changing a diaper. Wash your hands more frequently when someone in your household is ill.

Antibacterial soaps and steaming hot water aren't necessary for cleaning hands properly. You just need to follow these steps for proper hand washing:

- ♦ Wet hands under warm, running water.
- ♦ Apply soap and rub hands vigorously for 15 to 20 seconds. Don't forget to scrub between fingers and around fingernails.
- ♦ Rinse thoroughly under warm, running water and dry well.

OBESITY

By: Peggy Huntsinger, Disability Manager

Seems like every trade journal I pick up lately has one or more articles on Obesity. Last year's Disability Management conference had several sessions devoted to obesity and next year's conference promises even more on this hot topic. Why all the fuss? The general consensus is that obesity is a threat to the public at large. You have all heard or read about lawsuits filed against fast-food restaurants. The National Health and Nutrition Examination Survey (NHNES) reported that between 1976 and 1980 that 32 percent of adults between the ages of 20 and 74 were overweight using the BMI index of 25 - 29.9 and 15 percent of adults were obese using BMI index of 30 or higher. In 1999 - 2000 NHNEs reported that 33 percent of adults were overweight and 31 percent were obese which translates to 64 percent of the adult population is now at least somewhat overweight.

Obesity has become a National Epidemic according to the Department of Health and Human Services Centers for Disease Control and Prevention. Obesity has caused an increase in Type 2 diabetes, heart disease, arthritis, and in some types of cancer. Recent estimates suggest that obesity accounts for 300,000 deaths annually, second only to tobacco related deaths.

The Center for Disease Control (CDC) has noted that 50% of the new cases of type 2 diabetes in some communities has been diagnosed in children and adolescents. Ten years ago it was rare for children or adolescents to have developed type 2 diabetes.

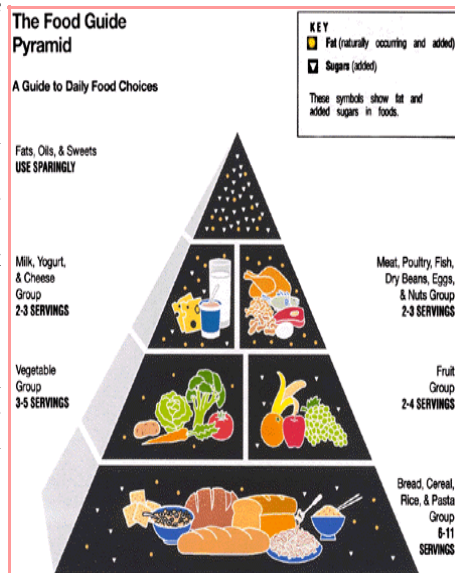
Weight gain occurs when energy intake (caloric intake) exceeds energy expenditure. There is reason to believe that a diet containing even less than the recommended 30% of total energy from fat could be beneficial for energy balance, long-term weight maintenance and a reduction of diet-related chronic disease risk.

What can you do? Make changes in diet and exercise. Start small. Small changes are the most likely to stick. Drastic lifestyle changes are more difficult to keep up. Make a commitment to drink more water, add more fruits and vegetables to your diet, drink more milk. Don't start with an aggressive workout, start by walking a little more each day.

Take a look at the old food pyramid that we all grew up with. With fruits and vegetables, juices are good, but whole fruit and vegetables are better, they fill you up more and burn more calories during consumption and digestion and they are also a great source of fiber. A well balanced diet will include at

least 25 grams of dietary fiber per day and will include a combination of water-soluble and water insoluble fiber sources.

A well balanced diet and physical activity can, not only help with weight loss or maintenance, but can also help reduce the risk of cardiovascular disease, colon cancer, diabetes, obesity, high blood pressure, arthritis, blood lipid disorders, cancer and other chronic diseases.



Don't be fooled by the pre packaged diet foods or low-fat foods that are flooding our grocery shelves, they are not necessarily any lower in energy density than their full fat counterparts. When buying pre-packaged food check the serving size and read the nutritional breakdown.

Did you ever wonder why some diets work for some but not all? I can only guess that we all have different motivators and life styles. I have seen people lose weight and keep it off on Weight Watchers, Atkins, South Beach, etc., but I have also seen others fail on the same diets. My thought is you don't need a special diet, just go back to moderation and a well balanced diet - do you remember the food pyramid? You don't need to starve your-

self; in fact if you do you can expect failure. In order to cut down on food consumption, start with drinking a glass of milk or water. That will start to fill you up, then eat your grains, vegetables or fruit and then have a small portion of protein - remember a serving size of protein is about the size of a bar of soap. Snack on fruits and vegetables rather than chips and candy. Rather than having a cola have water or if you need something sweet have chocolate milk. When having a sandwich rather than loading up on turkey make sure you include lettuce, tomatoes, pickles, etc. You don't have to give anything up, just use a little moderation.

If you are the kind of person that has to have ice cream every day, don't deprive yourself; just reduce the size of your portion. Remember drink water or milk first, that will help fill you up and you won't be tempted to overindulge.

Web Resources:

- ✓ CDC (www.cdc.gov/nccdphp/dnpa/5aday/index.htm)
- ✓ http://www.cdc.gov/nccdphp/dnpa/pdf/guidance_document_3_2003.pdf
- ✓ National Cancer Institute (www.5aday.gov)
- ✓ Produce for Better Health Foundation (www.5aday.com)
- ✓ The Food Guide Pyramid http://www.pueblo.gsa.gov/cic_text/food/food-pyramid/main.htm



**STANISLAUS COUNTY
CEO-RISK MANAGEMENT DIVISION**

1010 10th Street, Suite 5900
P.O. Box 1723
Modesto, CA 95353
Phone: 209-525-5710
Fax: 209-525-5779



When one door closes another
door opens; but we so often
look so long and so regretfully
upon the closed door, that we do not
see the ones which open for us.

-Alexander Graham Bell



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

Did You know.....

- ♥ The words 'racecar', 'kayak' and 'level' are the same whether they are read left to right or right to left.
- ♥ The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.
- ♥ "Typewriter" is the longest word that can be made using the letters only on one row of the keyboard.
- ♥ Of all the words in the English language, the word set has the most definitions.
- ♥ The most used letter in the English alphabet is 'E', and 'Q' is the least used.
- ♥ Chewing gum while peeling an onion will keep you from crying.
- ♥ The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "It's a Wonderful Life".
- ♥ The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- ♥ Apples are more efficient than caffeine in keeping people awake in the mornings.
- ♥ If you take any number, double it, add 10, divide by 2, and subtract your original number, the answer will always be 5.

Health & Safety Training Department Registrar

Department	Contact	Phone #
Ag Commissioner	Debra Wohld	525-4740
Animal Services	Dorothy DiGino	558-8490 or 606-2043
Area on Aging & Veterans	Alan Brush	558-7380
Assessor's Office	Elena Ramsey	525-6496
Auditor Controller	Arlene Hamrick	525-6526
BHRS	Tamara Brock	525-7454
BHRS	Jerry Frad	558-5017
BHRS	Marisela Cantu	525-6100
BOS	Sandy Regalo	525-6414
BOS	Peggy Dominguez	525-6414
CEO	Patsy Chmielecki	567-4949
CEO - RMD	Melissa Parikh	525-5782
CEO Central Services	Yvonne Cuellar	525-7398
CEO-Fleet Services	Michelle Meza	558-3654
CEO-Purchasing	Gina Farias	525-6328
CEO-SBT	Tricia Turner	303-1380
Children & Families Co.	Erica Inacio	558-4143
Clerk-Recorder/Registrar Voters	Monica Coryea	525-5244
Co-op Extension	Debbie LaBarbera	525-6805
County Counsel	Valeri Niskanen	525-4480
CSA	Anne Rivas	558-1026
CSA	Angela Ontiveros	558-3532
DA Criminal	Kathy Shipman	525-5992
DCSS	Priscilla Bobst	558-3179
DET	Cindy Shaw	558-2114
Emergency Dispatch	Carole McNulty.	552-3900
Environmental Resources	Sue Arwood	525-6716
Environmental Resources	Jan Simpson	525-6772
H S A	Judy Brown	558-8204
Law Library	Alex Kern	558-7759
Library	Donna Witt	558-8949
Parks	Nadine Veloz	525-6796
Planning	Marianne Rucker	525-5922
Probation - Juvenile Hall	Maria Cunnington	567-4718
Public Defender	Vaughn Potter	525-4214
PW Building Maintenance	Deborah Cardoza	525-7524
PW Morgan Rd Engineering	Bill Cardoza	525-4165
PW Roads	Sharon Rivera	525-4130
PW Roads - operations	Chuck Myers	525-4130
PW/Development Services	Keimi Espinoza	525-5991
Sheriff	Jeff Fairbanks	525-7022
Stan Cog	Lark Downs	558-4841
StanCERA	Kelly Cerny	525-5967
Treasurer Tax Collector	TBD	525-4467