

# BITS & PIECES

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## HEALTH AND WELLNESS

By: David L. Dolanar, Deputy Executive Officer

**Happy New Year!** As we commence another new year, there are usually resolutions that people make to adjust and improve their lives. Some of the resolutions that are commonly made are to "lose weight" and "live a healthier life". Over a year ago, the County initiated a program designed to help employees make health related decisions. It contains healthy tips and the ability to participate in health and wellness topics at the workstation.



The program is an on-line subscription to implement access to a Resource Room. This provides information useful to keep you on track of your wellness objective and to listen to others by way of participating in real time health and wellness discussions. This on-line subscription provides the following:

- Access to a monthly health and wellness topic that is timely and related to the objective of fitness and healthy living.

- A monthly newsletter, FiTips, that contains healthy tips that can be used by employees and their family members.
- A monthly 3-4 minute video, Tidbits, of the same topics as FiTips.
- "Food for Thought", short food related emails that help employees to make more healthy choices.
- Short advertisements emailed to a department point person (coordinator) that can be used to keep employees aware and interested in the topics of the month.

The subscription can be accessed at [www.workplacewellness.org](http://www.workplacewellness.org). Your user name is Stanis and your password is ww. If you are interested in reviewing tips and information to support you in your goals of healthy living for the New Year, go ahead and access the web site provided above. Good luck and best wishes for a healthy and happy New Year!

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## AMERICAN HEART MONTH

By: Peggy Huntsinger, Disability Manager



February is American Heart Month and has had this designation since 1963 when the president issued his proclamation. With heart disease being the leading cause of death and disability among Americans, it's important to know where to find information on prevention of this disease. The three web sites listed below

offer a wealth of information on achieving a healthy heart.

<http://www.americanheart.org>

<http://www.cardassoc.com/recipes/index.asp>

<http://www.nhlbi.nih.gov/health/hearttr/uth/index.htm>



Anyone can catch your eye, but it takes someone special to catch your heart.  
~ Author Unknown

## HOT OFF THE PRESS

By: Donna Flores, Safety Analyst/Trainer



Where can you find out when the next Back Safety or Defensive Driving class is being held? Now, you can find out all the information in one booklet. A new booklet has been developed which contains a listing of scheduled CEO-Risk Management Safety Courses. This booklet will be added to the CEO-Risk Management Division's website.

The booklet will be updated twice a year. Courses that are taught by in-house instructors are listed for the en-

tire calendar year. The contracted classes are only listed until the end of the fiscal year. In the next edition, you will find the schedule of classes taught by our contracted instructors for the first six months of the 2008/2009 fiscal year. Additionally, you will find a new workshop listed, **Risk Management 102**. A prerequisite for attending is the completion of Risk Management 101. See our brochure for the course description.



## EYE CARE BASICS

By: Casi Persons, Employee Benefits Coordinator

### Taking Care of Your Vision Starts with Prevention

Did you know that there are over 1.1 million legally blind Americans, and common eye diseases are the cause of almost all cases of blindness in the United States? More alarming is the fact that 6.4 million new cases of eye disease occur each year. Many of these diseases are preventable and/or treatable if you know the basics about how to take care of your eyes.



### Medical, Dental... Why Not Vision?

Very few people are able to name a sense they value more than their vision, but they often neglect to get the basic preventive eye care they need. In the same way that annual physicals and regular check ups with a dentist are crucial to maintaining overall physical and dental health, a regular eye exam is important in protecting one's vision. In addition to ensuring proper eyesight, regular eye exams allow your eye doctor to detect and treat diseases at the earliest possible opportunity. Many eye diseases manifest without causing initial discomfort or changes in vision and can occur at any stage in life. A good example is glaucoma — the most common cause of vision loss. Typically, glaucoma does not cause pain, and you

don't notice a change in your vision at first. By the time your vision is affected, an eye doctor can only prevent it from worsening. Any vision loss prior to that diagnosis is irreversible.

### Beyond the Eye Doctor's Office

While doctors provide expert, professional eye care, several common sense tips can prevent eye injuries. Perhaps the most hazardous place for your eyes is your home. In fact, household products are the source of more than 32,000 serious eye injuries each year. Take these steps to prevent eye injuries in the home:

- Inspect and remove debris from lawns before mowing.
- Avoid toys with sharp or rigid points, shafts, spikes, rods and dangerous edges.
- Do not mix cleaning agents.
- Use guards on all power equipment.
- Keep BB guns away from children.
- Wear protective eyewear when doing work around the house (regular eyeglasses may not offer the protection you need).

In addition to home prevention, remember to protect your eyes on the field or court as well. Each year,

hospital emergency rooms treat nearly 40,000 victims of sports eye injuries. For all age groups, most injuries occur during baseball, basketball and racquet sports and can be prevented with proper sports eye guards. And of course, remember to protect your eyes on the job when necessary.

### What About the Sun?

The sun produces two bands of harmful ultraviolet radiation (UV). UVB and UVA rays can burn the skin and damage the eyes. Sunglasses can protect your eyes from these damaging rays. And you don't have to buy top-of-the-line sunglasses to protect your eyes effectively. Standards for sunglass lenses set limits on UVB and UVA ray exposure. For a product to be sold as sunglasses in the United States, they must block 99 percent of all UVB and UVA rays. So, as a rule, sunglasses with UV protection labeling, whether they cost \$5 or \$500, will block 99 percent of the harmful UV rays.

To learn more about eye exams and eye care wellness, visit the WellVision Learning Source at <http://www.vsp.com/source/html/source.jsp>.

# HORSEPLAY AND PRACTICAL JOKES

*By: David Becker, Safety Officer*

How many of us have heard our parents say, "somebody is going to get hurt" when we were involved with horseplay or practical jokes? Yes it is usually harmless but sooner or later somebody does get hurt. If it is a bad injury the person injured, the family and the co-workers all suffer in different ways. The person injured is suffering pain. The family is suffering from loss of pay, medical and rehabilitation bills. The co-workers must deal with the shock of what happened and deal with the increased workload. HORSEPLAY AND PRACTICAL JOKES ARE WRONG.

Many times safety is a matter of human behavior. We make choices to

play by the safety rules or to take chances. We listen to safety talks and try to learn from our work and home life or we do not. These are choices. A practical joker is an accident maker looking for a place to act. They take chances and look for opportunities for jokes. Should nothing present itself they may even create the opportunity for the joke.

What can we do? Don't give your approval for his behavior. Do not encourage, laugh or look the other way. Remember, the next time somebody could be hurt. Horseplay and practical jokes are not the same as humor. Both humor and

laughter, on and off the job are good things. It reduces stress and relieves some of the pressure. In the world that we live in every day



this is very helpful and healthy. But when the joke is not a verbal type it goes onto doing something that could be dangerous. It is not funny. Injury, death, or damage to property is not funny. The joke is never worth the chance of the damage. We

can all see that after the damage is done. It is the choice to take the chance that we must be watchful of.

Report all dangers and dangerous acts before someone gets hurt.

# COMPARTMENTALIZE

*By: Peggy Huntsinger, Disability Manager*



I read an interesting article on workplace violence by Harvey Mackay, author of "Swim With the Sharks Without Being Eaten Alive", via the Arizona Republic. Mackay reported that an

instructor of a violence-in-the-workplace class he attended shared a story of the "worry tree".

A police officer explained how he dealt with all of the tragedy, death and inhuman behavior he witnessed on a daily basis. "Every night when he went home, he touched a tree before walking into his house. By touching the tree, he told himself, he was dumping all of the tragedy, stress, death and trauma on the tree. He then went into his home, took off his vest, locked his gun away and made the conscious choice to stop being a

police officer and to start being a husband and dad".

"The next morning, he touched the tree on the way to his car to go to work and the tree assumed all his worries." Amazingly he discovered that he didn't have nearly as many as he dumped the night before. By touching the tree, he was able to compartmentalize his life and saved himself from burnout.

The officer found a positive way to keep his anger and frustrations from turning into violent behavior. Help yourself and those around you to do the same.

**Mackay's Moral:** *Control yourself. Remember, anger is just one letter short of danger.*

# SAVE THE DATE FOR CPR SATURDAY



This year's CPR Saturday will take place on **March 8, 2008**. Take advantage of this adult CPR training. This training is suitable for ages 8 and up. Children under 12 years of age must be accompanied by a paying adult. Space is limited, so pre-registration is strongly recommended. There will be four locations to receive this training; Modesto, Turlock, Patterson, and

Oakdale. Costs for the training is \$8.00 with pre-registration or \$10.00 for walk-ins, if space allows. Contact the local American Red Cross for registration or information at (209) 523-6451 or [www.arcsc.org](http://www.arcsc.org)

