

BITS & PIECES

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HEALTH & SAFETY TRAINING 2009 POSITIVE RESULTS!

By: David L. Dolnar, Deputy Executive Officer

The Health and Safety Training – 2009 event was another success for Stanislaus County. Thank you to everyone who attended and especially to our internal instructors who provided excellent information in their classes. The County continues to emphasize loss prevention and safety awareness through training. We are confident that this event contributes to increasing the level of safety culture throughout the organization.

Following is data that shows a comparison over the last three years of the training. A decrease in attendance in 2009 was attributed to a smaller workforce.

	<u>2007</u>	<u>2008</u>	<u>2009</u>
Classes	2,894	3,147	2,172
No Show	666	599	354

The top ten classes ranked in order of participant attendance were as follows:

- 1) Reduce Stress – 409
- 2) Injury Illness Prevention Program – 192

- 3) Laugh Yourself Safe – 177
- 4) Gangs – 166
- 5) Diffusing a Difficult Customer – 147
- 6) Driver Improvement Program – 129
- 7) Driver Safety – 114
- 8) Yoga – 99
- 9) Fire Extinguisher Training – 82
- 10) Information Technology Security – 69



The ratings for the quality of the classes improved with over 96 percent shown in the categories of **Strongly Agree** and **Agree**. It was noted that comments from participants were higher than in previous years. There were also many suggestions for new classes for the 2010 event.

Although the number of sessions were reduced this year due to a smaller workforce, we were very pleased with the turnout and commentary on each class. We will continue to provide this training each year and look forward to another successful event in 2010. Thank you to all who contributed to this positive event in 2009.

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SHOES

BY: DONNA FLORES, SAFETY ANALYST/TRAINER

Boots or flats with good support and rubber soles offer the best traction.



If heels are a must, opt for a wedge of no more than 2 inches for good stability.

**Have a
bountiful
Thanksgiving,
a Happy
Holiday, and
a prosperous
New Year!**



*From the CEO-
Risk Management
Division Staff*

DO YOUR PART IN ACCIDENT INVESTIGATIONS

BY: DAVID BECKER, SAFETY OFFICER

Accident investigation is an important part of any company's safety program. By finding the causes of accidents, your company can make jobs safer. Accident investigations do not place blame or find fault. They document the facts, determine the direct and indirect causes of the accident, and identify ways to improve operations in order to pre-



vent similar accidents.

During an accident investigation, keep these tips in mind:

- Continue doing your job unless otherwise instructed by your supervisor or work team.
- Stay away from the accident site unless the investigators ask you to be there.

- If you witnessed the accident, try to remember as many details as possible. It is a good idea to make notes about what happened while the accident is still fresh in your mind.
- Answer interview questions honestly.
- Point out factors that might have contributed to the accident.

TIPS FOR OFFICE SAFETY

SUBMITTED BY: PEGGY HUNTSINGER, DISABILITY MANAGER

Accidents in the workplace are a fairly common occurrence, resulting in mutilation, death, and lifestyle-altering accidents. For the most part, these accidents stem from falls, however, other causes factor in.

Falls:

- Always use a ladder or step stool to retrieve anything above shoulder level.
- Ladders, or step stools, should be sturdy and not have any broken rungs or legs.
- Do not lean too far back in chairs. This may result in overbalancing and a fall.
- Never use ladder substitutes such as chairs or boxes.

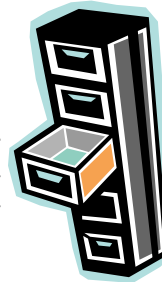
- Be sure the pathway is clear before you walk.
- Secure electrical cords and wires away from walkways.
- Avoid excessive bending, twisting, and leaning backward while seated.

Filing Cabinets/Bookcases:

- Fill the second drawer from the bottom in a four-drawer filing cabinet before any of the others, to weight the bottom and to prevent it from tilting over.
- Return drawers and doors to the closed position after use to prevent bumping and tripping. Never open more than one drawer or

door at a time.

- Place file cabinets where their use will not interfere with traffic patterns.
- Secure cabinets or bookcases taller than 64 inches to the wall to prevent toppling over.



Paper Cutters:

- Paper cutters are just small guillotines - very hazardous pieces of equipment.
- These pieces of equipment should be adequately guarded at all times.
- Always store paper cutters with the blade fully drawn down and fastened securely.

SAFETY EYEWEAR PROTECTS EMPLOYEES

SUBMITTED BY: CASI PERSONS, EMPLOYEE BENEFITS COORDINATOR



Work-related eye injuries cost businesses billions of dollars annually, not including the loss of

employee productivity. And according to The Vision Council, 90% of work-related eye injuries are preventable.

That's why VSP is introducing a new competitively-priced safety eyecare plan: ProTec Safety 2.0SM. ProTec Safety 2.0 is a materials-only

plan that provides members with prescription eyewear that meets American National Standards Institute (ANSI) and Occupational Safety & Health Administration (OSHA) guidelines. Here are some highlights:

- Prescription polycarbonate, plastic or glass lenses (single vision, lined bifocal and lined trifocal) are covered in full.
- Safety frames from the ProTec Eyewear[®] collection, which features

a selection of titanium, stainless steel, plastic, and wraparound styles in a variety of colors and sizes, are covered in full.

- All ProTec Eyewear safety frames include side shields and a frame case.

Eye injuries don't have to be "part of the job" or understood risks. Protect your vision with safety eyewear. Contact your VSP representative today for more information.

THANKSGIVING SAFETY TIPS FOR PETS

SUBMITTED BY: PEGGY DOMINGUEZ, ADMINISTRATIVE ASSISTANT



'Tis the season for friends, family and holiday feasts—but also for possible distress for our animal companions.

Pets won't be so thankful if they munch on undercooked turkey or a pet-unfriendly floral arrangement, or if they stumble upon an unattended alcoholic drink.

Check out the following tips from ASPCA experts for a fulfilling Thanksgiving that your pets can enjoy, too.

Talkin' Turkey

If you decide to feed your pet a little nibble of turkey, make sure it's boneless and well-cooked. Don't offer her raw or undercooked turkey, which may contain salmonella bacteria.

Sage Advice

Sage can make your Thanksgiving

stuffing taste delish, but it and many other herbs contain essential oils and resins that can cause gastrointestinal upset and central nervous system depression to pets if eaten in large quantities. Cats are especially sensitive to the effects of certain essential oils.

No Bread Dough

Don't spoil your pet's holiday by giving him raw bread dough. According to ASPCA experts, when raw bread dough is ingested, an animal's body heat causes the dough to rise in his stomach. As it expands, the pet may experience vomiting, severe abdominal pain and bloating, which could become a life-threatening emergency, requiring surgery.

Don't Let Them Eat Cake

If you're baking up Thanksgiving cakes, be sure your pets keep their noses out of the batter, especially if it includes raw eggs—they could contain salmonella bacteria that may lead to food poisoning.

Too Much of a Good Thing

A few small boneless pieces of cooked turkey, a taste of mashed potato or even a lick of pumpkin pie shouldn't pose a problem. However, don't allow your pets to over-indulge, as they could wind up with a case of stomach upset, diarrhea or even worse—an inflammatory condition of the pancreas known as pancreatitis. In fact, it's best to keep pets on their regular diets during the holidays.

A Feast Fit for a Kong

While the humans are chowing down, give your cat and dog their own little feast. Offer them rawhide strips, Nylabones or made-for-pet chew bones. Or stuff their usual dinner—perhaps with a few added tidbits of turkey, vegetables (try sweet potato or green beans) and dribbles of gravy—inside a Kong toy. They'll be happily occupied for awhile, working hard to extract their dinner from the toy.

TEEN DRIVING TIPS

SUBMITTED BY; ED FENTON, LIABILITY CLAIMS/INSURANCE MANAGER

Driving requires a combination of driving skills and the ability to make the right decision at the right time. With your years of driving experience, this may seem like second nature. But to a teenager learning to drive, defensive driving isn't always their top priority.

Here are five simple tips to share with your teen.

1. Expand your "look-ahead" capacity.

Rather than focusing directly in front of the vehicle, a driver should be looking 10 to 12 seconds down the road — where many potential trouble spots begin.

2. Size up the whole scene.

A defensive driver will continually scan for bicyclists, pedestrians, construction, traffic congestion, erratic drivers and changing road conditions. That includes checking mirrors every few seconds.

3. Signal your intentions early.

Use turn signals, horn or lights, when appropriate, to help avoid surprises. This helps other drivers understand your plans, so they can make their own defensive driving decisions.

4. Plan an escape route.

Carefully time passing moves, avoid tailgating and plan actions to help avoid a crash. Think ahead and allow enough time, space and visibility to stop or maneuver smoothly.

5. Take decisive action.

Any driver — young or old — who practices the first four principles will be able to react to most traffic situations, with time and space to maneuver safely. While you may have mastered defensive driving, it may require additional experience and hours behind the wheel for your teen.



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DID YOU KNOW...

Thomas Edison, the inventor of the first successful practical light bulb, created the very first strand of electric lights. During the Christmas season of 1880, these strands were strung around the outside of his Menlo Park Laboratory. Railroad passengers traveling by the laboratory got their first look at an electrical light display. But it would take almost forty years for electric Christmas lights to become the tradition that we all know and love.

Before electric Christmas lights, families would use candles to light up their Christmas trees. This practice was often dangerous and led to many home fires. Edward H. Johnson put



the very first string of electric Christmas tree lights together in 1882. Johnson, Edison's friend and partner in the Edison's Illumination Company, hand-wired 80 red, white and blue light bulbs and wound them around his Christmas tree. Not only was the tree illuminated with electricity, it also revolved.

However, the world was not quite ready for electrical illumination. There was a great mistrust of electricity and it would take many more years for society to decorate its Christmas trees and homes with electric lights. Some credit President Grover Cleveland with spurring the acceptance of indoor electric Christmas lights. In 1895, President Cleveland requested that the White House family Christmas tree be illuminated by hundreds of multi-colored electric light bulbs.

While Thomas Edison and Edward H. Johnson may have been the first to create electric strands of light in 1880/1882, it was Albert Sadacca who saw a future in selling electric Christmas lights. The Sadacca family owned a novelty lighting company and in 1917 Albert, a teenager at the time, suggested that its store offer brightly colored strands of Christmas lights to the public. By the 1920's Albert and his brothers organized the National Outfit Manufacturers Association (NOMA), a trade association. NOMA soon became NOMA Electric Co., with its members cornering the Christmas light market until the 1960's.



WALKING IN ICY WEATHER

BY: DONNA FLORES, SAFETY ANALYST/TRAINER



1. Walk with your feet slightly farther apart than usual.
2. Take small steps, but don't shuffle. On stairs, go down sideways and use handrails if available.
3. Keep hands free for balance, rather than stuffing them in your pockets. Avoid fiddling with your phone or MP3 player, too.
4. Keep your eyes on the ground in front of you..

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 that 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.

