

Bits & Pieces

Volume 11, Issue 1
February 2010

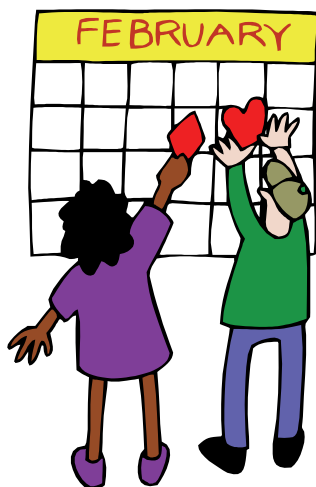
Believe in Something Bigger

By: David L. Dolanar, Deputy Executive Officer

February is the shortest month of the year yet it sometimes seems the busiest. We have fewer days than normal to get things completed and we are often overwhelmed at the many deadlines imposed upon us. At home, at work, at play we are driven to multi-task to get things done for the satisfaction of ourselves and others. Things in February for some include budgets, Valentine's Day, school activities, health care of ourselves and families and many other responsibilities.

As we attempt to complete all of these tasks, we are sometimes unaware of the personal things that drive others. I read a short article the other day about a man who was asked by an authority figure to do his eulogy. As he mulled over the request, the man agreed to do it, but only if he could get to know him as a man, instead of the authority figure he had looked up to in his early years.

At that point, all the man knew of the authority figure was what an audience



member knows of a performer: his delivery, his stage presence, etc. So he started to meet with him often and began to see the person behind the robes: the young man who'd washed out of rabbinical school but tried again; the man who'd climbed Mount Sinai.

By the time the rabbi died eight years later, he realized it was the rabbi who had done him the favor: affording him the profound comfort of **believing in something bigger than yourself.**

The lesson here for the month of February when we are all challenged with so many things with less time to do them is, **"Lift back the robes and let your people see what drives you to believe in what you do."**

Most importantly, please don't forget Valentine's Day on Sunday, February 14th! 😊

Inside this issue:

Focus on Sports Vision Safety	2
How Cold is it Outside?	2
Winter Driving Reminders	3
Bike Safety	3
Did You Know...	4
Safety Corner— Bleeding	4

Happy
Valentine's
Day



Loving is not just
looking at each other.
it's looking in the
same direction.

Focus on Sports Vision Safety

Submitted by: **Casi Persons, Employee Benefits Coordinator**

Drop by the busy office of VSP doctor, Edward Melman, and you'll quickly understand why he loves to tell visitors: "We're very serious about delivering high-quality eye care, but we also know how to have fun!"

Dr. Melman, an optometrist who's been practicing in Voorhees, New Jersey for 26 years, is a graduate of the Pennsylvania College of Optometry. He's also committed to helping young athletes protect their vision during summer-time recreational activities, whether it is swimming, little league baseball, or pick-up basketball games. In recent years, he's become a spokesman for youth sports vision safety in his community—and has taken on the role of team eye doctor for the local Camden Riversharks minor league baseball team.

"One of the best things about summer is that kids can get outside and have some fun," says the veteran eye doctor. "But it's also very important

for parents to ensure that their children's vision is protected during summer-time sports activities."

Dr. Melman's key recommendations for fun in the sun are as follows:

- Be sure children wear a vision-protecting batting helmet when hitting at the plate.
- If a child wears contact lenses to the swimming pool, provide "one-day contacts" that can be thrown away daily; this will greatly reduce the chance of eye infection.
- Young basketball players can get physical; encourage them to wear polycarbonate goggles to prevent abrasions on sensitive eye tissue. Always make sure children have sunglasses rated to block both UVA and UVB radiation.



A tireless advocate of sports vision safety for children, Dr. Melman, prides himself on offering state-of-the-art vision correction along with custom-fitted eyewear that provides maximum vision safety for all his young patients.

"We work hard to give each of our young patients outstanding service," says Dr. Melman, "but we also know how important it is to share our enjoyment of life—especially during the summer sports season, which is my favorite time of the year!"

* Source: National Eye Institute

How Cold is it Outside?

Submitted by: **Peggy J. Huntsinger, Disability Manager**

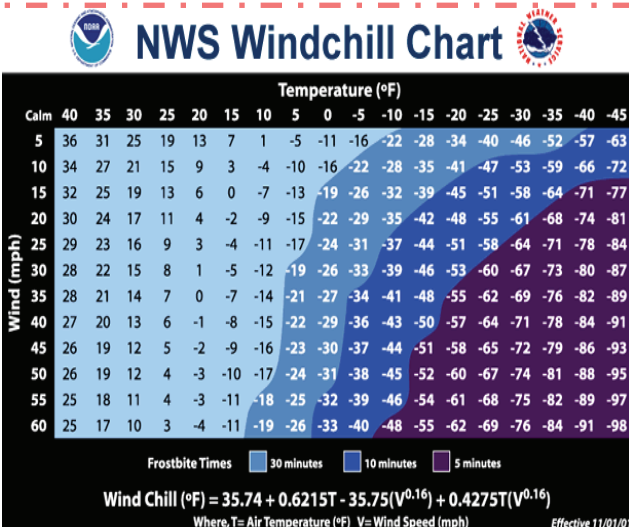
How cold is it outside? Simply knowing the temperature doesn't tell you

enough about the conditions to enable you to dress sensibly for all winter weather. Other factors including wind speed, relative humidity and sunshine play important roles in determining how cold you feel outside.

sequently, wear loose-fitting, lightweight, warm clothing in several layers. Outer garments should be tightly-woven, water-repellant and hooded. Mittens snug at the wrist are better protection than fingered gloves.

To use the chart, find the approximate temperature on the top of the chart. Read down until you are opposite the appropriate wind speed. The number which appears at the intersection of the temperature and wind speed is the wind chill index.

From the Live Weather Images website... WeatherImages.org



The importance of the wind chill index is as an indicator of how to dress properly for winter weather. In dressing for cold weather an important factor to remember is that entrapped insulating air warmed by body heat is the best protection against the cold. Con-

Winter Driving Reminders

By: Kevin Watson, Safety Analyst/Trainer

With the cooler and hopefully wetter weather upon us, you may find the following defensive driving reminders helpful:

See and be seen

- Drive with your headlights on – it will almost double the distance others can see you
- Always use your turn indicators
- Conduct pre-drive walk around inspection to determine if all lights – brake, tail, turn, highlighter, driving and headlights – are working properly
- Headlights must be on if your windshield wipers are on
- Replace worn or damaged windshield wiper blades before the storms
- Clean your windshield often, at least with each fill-up. Don't forget to wipe off the headlight and taillight lenses too!



- Repair or replace pitted or cracked windshields
- Use low beams in the fog
If you have fog lamps, be sure they are aimed at the road

Tires and traction

- Be sure you have the at least the minimum tread depth of 2/32" – use a penny up-side-down, if the top of Lincoln's head is covered, you should have adequate tread
- Slow down in wet, foggy, icy, snowy etc... weather – stopping distance increases
- Keep tires properly inflated – according to the vehicle manufacturer's specifications
- Do not use the cruise control on slippery roads

You the driver

- Get plenty of sleep

- Don't drive impaired
- Don't drive distracted
- Keep your vehicle(s) mechanical maintenance on schedule
- If you do have to pull off the road due to mechanical failure, pull as far off the road as is safe
- You and all passengers wear your safety belts every time you drive – click it or ticket !

Don't fixate, keep your eyes moving and look for potential hazards.

Remember, adding 2 seconds to your following distance will decrease your chances of being in an accident by 80%. If you increase that to 3 seconds following distance, you decrease your chances of being in an accident by 90%.

Drive Safe, Be Safe and Arrive Alive... every time!

Bike Safety

Submitted by: Ed Fenton, Liability Claims/Insurance Manager

Maybe surprising your child with a new bike on his birthday isn't such a good idea. Most parents tend to buy a bike that's a little too big, so that the biker can "grow into" it. But oversized bikes are especially dangerous for young riders. Instead, take your child with you when you shop for the bike, so that he or she can try it out and get expert advice on buying a bike that's just the right size. The Ameri-

can Academy of Pediatrics recommends that parents should not push a child to ride a two-wheeled bike until he or she is ready, usually at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster brakes until your child is older and more experienced.



Then ride with your child, as often as possible, so that he learns how to handle his bike and street safety becomes automatic. But many accidents also happen in driveways, on sidewalks and on bike paths, not just on streets, so you and your child must wear helmets on every ride, no matter how short or how close to home.



Happy Valentines Day!



**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

<http://www.stancounty.com/riskmgmt/index.shtml>



Did you know...

FEBRUARY

- Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."
- Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for 52.6 percent of the total heart disease deaths.
- Heart disease is the third leading cause of death among women aged 25-44 years and the second leading cause of death among women aged 45-64 years.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.
- Friday, February 5, 2010, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. The Red Dress, the national symbol for women and

heart disease awareness, was created by The Heart Truth in 2002 to deliver an urgent wake-up call to American women.

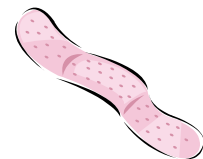
MARCH

- Since 1943, every President of the United States has proclaimed March as "American Red Cross Month" to recognize the humanitarian accomplishments of the Red Cross organization.
- The American Red Cross was founded in 1881 by Clara Barton and is the United States premier emergency response organization.
- The American Red Cross supplies approximately 45% of the nation's blood supply.
- More than 1.2 million people volunteer with the Red Cross nationwide.
- The Red Cross is the largest volunteer organization in the United States and the world.

APRIL

- Earth Day is a relatively new holiday and was first celebrated on April 22 in 1970. More than 20 million Americans participated in this first Earth Day celebration.
- Earth Day was founded by a Senator of Wisconsin and the day is credited for creating the environmentalism movement.
- April 22 is the first official day of Spring in the Northern hemisphere and of Fall in the Southern hemisphere and was chosen to be Earth Day for this reason.
- Recycling one aluminum can saves enough energy to watch a TV for three hours - it's equivalent to half a gallon of gasoline.
- Never underestimate the importance of recycling: if every newspaper was recycled, we could save about 250,000,000 trees each year. Unfortunately only 27% of all American newspapers are recycled.

Safety Corner



Bleeding

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

Bleeding emergencies can be life threatening! Be sure to call or have someone call 9-1-1.

First Aid for bleeding has been simplified. The only care we now provide is direct pressure and applying



clean dressings. This is true for all three types of bleeding – Capillary, Venous or Arterial. Elevation and Pressure Points are no longer being taught. Not so much that they may not be helpful, but rather there is not "scientific evidence to prove, or disprove the endorsement of these techniques".

Obviously, be on the lookout for signs of shock and treat accordingly.

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.