

BITS & PIECES

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Stanislaus County Collaborative Safety Team (SCCST)

By: David L. Dolenar, Deputy Executive Officer

In an effort to focus more time and energy on accident prevention and safety related issues, a safety team has been established to work closely with the CEO-Risk Management Division Safety Unit. The team consists of the following individuals:

NAME	DEPT.	NO#
Priscilla Bobst	DCSS	558-3179
Maria Cunnington	Probation	567-4718
Jeff Fairbanks	Sheriff	525-7022
Donna Flores	HSA	558-6191
Jack Leguria	DER/Parks/ AG/Co-Op	525-6738
Victor Morrison	Public Works	652-0716

The Team will coordinate various activities with the Division's Safety Unit and perform some organizational duties which the Safety Unit personnel have not been able to pursue because of budget constraints (scarce resources) and additional community preparedness activities related to terrorism.

The team member's primary role is to focus on compliance issues for their own departments. However, they will provide between 20-25 percent of their time on additional organizational assignments.

Communication from Team member's organizational assignments will be on their respective County Department letterhead. It will generally begin by "As part of the Stanislaus County Collaborative Safety Team," This is intended to establish accountability, responsibility and empowers the team members to perform their new organizational assignments in a professional and cooperative environment.

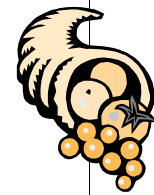
The team will also work closely with the Stanislaus County Safety Board and present to its members the status of various projects.

Thank you for your cooperation and support of the Collaborative Safety Team. These individuals are enthusiastic, responsible and truly want to make a difference in our overall safety awareness and loss prevention activities. I encourage you and your top management and supervisory personnel to work together in this team process.



**Have a bountiful
Thanksgiving,
a very
Merry Christmas
and a prosperous
New Year.**

**From the Staff
of the CEO-Risk
Management Division.**



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Holiday Finger Foods.....JALAPENO POPPERS

- ◆ Fresh Jalapeno's, cut in half, remove seeds
- ◆ Philadelphia Cream Cheese
- ◆ Bacon, uncooked
- ◆ Montreal Steak Seasoning

Stuff Cream Cheese into Jalapeno halves. Wrap each half in bacon. Sprinkle with Steak Seasoning. Place on tin foil lined cookie sheet. Bake at 350 degrees for 1 hour. For crispier bacon, cook on Broil for 5 additional

AED Update

By: Kevin Watson, Safety Analyst/Trainer



We currently have placed 97 AED units around the county. There are still 3 units to place – waiting on training issues and

2 new units to be purchased. There have been 6 uses to date. Only one event has led to shocks being delivered. Unfortunately, that attempt was unsuccessful.

Starting in late November, I will be visiting all AED's in the county to conduct annual inspections, replace electrodes and set-up the 2003 monthly inspection program.

On the AED Quarterly Testing front,

there are a few questions that have been missed by a large number of people. Once again, we would like to take this opportunity to review problems and questions and remind everyone of the rationale involved.

We now conduct a pulse check for 5 to 10 seconds – maximum. If we check for more than 10 seconds, we are wasting valuable time that could be used for CPR or AED use. If we cannot find a pulse in 10 seconds, we assume it is not present and proceed. If we check for less than 5 seconds, we might miss a pulse that is present.

The first thing the First Save AED voice prompt indicates is to place the electrodes. When we open the lid on

the AED, the machine is powered on automatically. Thus, according to the universal steps for AED use the very next thing to do is place the electrodes so the machine can start the analyzing process.

Keep in mind that for every minute of delay, there will be approximately a 10% reduction in the successfulness of the event. This is also the reason that, if an AED is *immediately available*, it is vital that it be used *before* starting CPR.

Proper placement of AED electrodes is always from the *victim's* standpoint. As such, proper placement is the upper right chest and lower left chest.

Do's and Don'ts for Acute Low Back Pain

By: Ed Fenton, Liability Claims/Insurance Manager

A low back problem may come on suddenly or gradually. It is ACUTE if it continues for a few days. When acute low back pain strikes, follow these simple guidelines. If pain persists for more than 48 hours or worsens, call your doctor of chiropractic or primary care physician.

DO's

- Apply ice for 15-20 minutes every

two hours.

- Wear comfortable, low-heeled shoes.
- Lie on your back with the hips and knees bent to 90 degrees.
- If you sit for long periods, use a pillow or rolled-up towel behind the small of your back. Be sure to stand often and walk around for a few minutes.

DON'Ts

- Do not apply heat for the first 48 hours.
- Avoid forward bending, twisting and lifting.
- Do not stay in bed for more than 2 days.

Are You "At Risk"?

By: Dixie Barrigar, R.N., Medical Review Nurse

Love handles, spare tire, beer belly. All of these are affectionate terms for intra-abdominal fat. Those extra pounds around your waist can be an indicator of your risk of developing serious health problems. Wrap a tape measure around the smallest part of your waist. Relax. Don't pull in your stomach.

You may be at increased risk of heart disease, diabetes and other concerns if:

- You are male and your waist measures more than 40 inches.
- You are female and your waist measures more than 35 inches.

Your risk is even greater if you also have a Body Mass Index of 25 or more. Use this formula to calculate your BMI—multiply your weight by 703, then divide that number by your height in inches, squared:



$$\text{BMI} = \frac{\text{Weight (pounds)} \times 703}{\text{Height (inches)}^2}$$

If you are not happy with the numbers you see, there are no magic formulas to fix them. The same old standard applies; diet and exercise. Consult your physician before starting and then get going!

COMING IN.....2003

By: Barbara Coopers, Employee Benefits Manager



26 PAYCHECKS WITH ONLY 24 DEDUCTIONS

Benefit	Current Frequency	2003 Frequency
Health Insurance Credits	26 Pay Periods	24 Pay Periods
Health Insurance Premiums	26 Pay Periods	24 Pay Periods
Flexible Benefit Excess	26 Pay Periods	24 Pay Periods
Voluntary Deferred Compensation	26 Pay Periods	26 Pay Periods
Health Care FSA	26 Pay Periods	26 Pay Periods
Dependent Care FSA	26 Pay Periods	26 Pay Periods
Employer Deferred Comp Contribution	26 Pay Periods	26 Pay Periods

More New 2003 Benefits' Administration Changes Include:

- Excess Flexible Benefit Dollars will be paid to employees in cash and shown in the paycheck's earning box.
- Year round Deferred Compensation voluntary deduction changes will be allowed. Employees will be able to send in their Hartford or Diversified

change forms to the Employee Benefits Unit and either increase or decrease the voluntary contribution anytime! The completed change form will be processed and the new deduction will show on the next paycheck!

- Eligible new hires will be effective for benefits the 1st of the month following date of hire. For terminated employees,

benefits would continue through the last day of the month of termination.

CEO-RISK MANAGEMENT DIVISION'S EMPLOYEE BENEFITS UNIT IS WORKING HARD TO IMPROVE SERVICES AND GIVE THE COUNTY'S EMPLOYEES MORE FLEXIBILITY!!!!!!!!!!!!

Did You Know.....

- ♣ *In 10 minutes, a hurricane releases more energy than all the world's nuclear weapons combined.*
- ♣ *On average, 100 people choke to death on ball-point pens every year.*
- ♣ *On average people fear spiders more than they do death.*
- ♣ *Each American eats an average of 51 pounds of chocolate per year.*
- ♣ *The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.*
- ♣ *If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee.*
- ♣ *The flea can jump 350 times its body length. It's like a human jumping the length of a football field.*
- ♣ *The catfish has over 27,000 taste buds.*
- ♣ *TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.*
- ♣ *A cow gives nearly 200,000 glasses of milk in her lifetime.*
- ♣ *At 188 decibels, the whistle of the blue whale is the loudest sound produced by any animal.*
- ♣ *Cats purr at about 26 cycles per second, the same frequency as an idling diesel engine.*
- ♣ *Dragonflies are one of the fastest insects, flying 50 to 60 mph.*
- ♣ *The vocabulary of the average person consists of 5,000 to 6,000 words.*
- ♣ *A typical lightning bolt is two to four inches wide and two miles long.*
- ♣ *A 'jiffy' is an actual unit of time for 1/100th of a second*



CEO-Risk Management Division Staff

To better improve our customer service to you, following are the names and telephone numbers by unit for each individual in the Division:

CEO-RISK MANAGEMENT DIVISION
P.O. Box 1723 - 95353
1010 10th St., Suite 5900 - 95354
525-5710 - FAX-525-5779 - Grp Pg-567-1900

Employee/Title	Unit	Phone #
Barrigar, Dixie - CA V Medical Review Nurse	Disability Management	525-5775
Becker, David - Mgr II Safety Officer	Safety	525-5776
Cooper, Barbara - Mgr II Employee Benefits Manager	Employee Benefits	525-5715
Dolenar, David L. Deputy Executive Officer	Administration	525-5714
Fenton, Ed - Mgr I Liability Claims/Insurance Manager	Liability Ins / Claims	525-5711
Francis, Richard - CA-I Employee Benefits	Employee Benefits	525-5718
Hunter, Michele - CA III Executive Secretary	Administration	525-5713
Huntsinger, Peggy - Mgr II Disability Manager	Disability Management	525-5770
Milotte, Lisa - CA II Account Clerk III	Administration	525-5773
Moe, Melissa - CA II Disability Assistant	Disability Management	525-5782
Pearson, Diane - CA II Administrative Assistant	Administration	525-5712
Persons, Casi - CA IV Employee Benefits Coordinator	Employee Benefits	525-5716
Phinney, Virginia - CA II Employee Benefits Specialist	Employee Benefits	525-5717
Schortner, Mary - CA IV Disability Coordinator	Disability Management	525-5772
Seeman, Dora - CA IV Disability Coordinator	Disability Management	525-5771
Wade, Pat - CA II Safety Assistant	Safety	525-5781
Watson, Kevin - PSC Safety Analyst/Trainer	Safety	966-5226
Safety Emergencies	Safety	525-5781