

# BITS & PIECES

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## NEW KID ON THE BLOCK

By: Dixie Barrigar RN, Medical Review Nurse



Stanislaus County is pleased to announce the addition of Kaiser's Occupational Health Center to round out our

Occupational Medical Provider List. Along with quality of care we look for ease of accessibility when selecting a medical facility to provide medical care to our employees who sustain an on the job injury or illness.

Kaiser Occupational Health Center becomes part of our list that includes U.S. Healthworks, California Occupational Physicians, Sutter Gould Occupational and Health Services Agency Urgent Care.

Kaiser's Department of Occupational Health is part of Kaiser Modesto Medical Offices located at 3800 Dale Road. For appointments call 557-6188. They are open Monday through Friday 8:30 AM to 5:30 PM. For occupational injuries after hours and on the weekends, Kaiser Urgent Care is available 24/7 at the same location.



Dr. Ronald T. Whitmore is the occupational physician at the Dale Road clinic. He was born in Southern California and Graduated from UC San Diego School of Medicine in La Jolla California. He is Board Certified in Family Practice Medicine.



On a recent tour through the Kaiser Occupational Health Center, I was impressed by Dr. Whitmore and the Kaiser Staff. They are friendly, helpful and dedicated to the treatment and well being of their patients. Dr. Whitmore states "I provide as much information, explained in non-medical terms, to help the two of us decide how best to treat them... It is only by treating the whole patient that I can truly provide the best care for them."

We are proud to add Kaiser to our panel of Occupational Medical Providers and we are confident that if you should sustain an injury on the job, you will find Dr. Whitmore and his staff ready, willing and able to assist you on your road to recovery.

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

From the Staff of the  
CEO-Risk Management  
Division

## SHOCKING NEWS

By: Dixie Barrigar RN, Medical Review Nurse



Each year about 60,000 people in the United States suffer a short-circuit (fibrillation) of the heart that can be reversed by a shock from an automated external defibrillator (AED). According to recent research, reported in the

New England Journal of Medicine, bystanders performing CPR and using an AED save as many cardiac arrest victims as highly trained paramedics—and send more of them home with normal brain function.

The critical factor is time. Because paramedics often arrive relatively late, the research found the people they save are

more likely to suffer brain damage. For every minute delay in defibrillation a person's chance of a good outcome is decreased by 10%! Paramedics often times simply can't reach victims fast enough. The new studies' findings show the chances of surviving a cardiac arrest nearly quadruple if fast-acting laypeople perform CPR and more than triple if a shock from a defibrillator is delivered within eight minutes.

So, check your CPR/AED cards. Are they up to date? Do you need to be recertified? Do you need to be trained? Don't delay—call 525-5781 and enroll in a class today. Also, know where the AED is in your area...just in case.

## AB 205 DOMESTIC PARTNERS

By: Barbara Cooper, Employee Benefits Manager

Effective January 1, 2005, The Domestic Partner Rights and Responsibility Act of 2003 will mandate that Stanislaus County allow CA Registered Domestic Partners to enroll in County benefits.

Employees eligible for County benefits will be given an opportunity to add their CA Registered Domestic Partner during

a Special Open Enrollment to be held in December with a January 1, 2005 effective date. Information on required paperwork, process flow and deadlines will be communicated to all County Payroll/HR clerks during November.

For additional information on Domestic Partners Registry go to [www.ss.ca.gov/dpregistry/dp\\_faqs.htm](http://www.ss.ca.gov/dpregistry/dp_faqs.htm)



## 73 MILLION SEEK HEALTH INFORMATION ON THE WEB

By: Casi Persons, Employee Benefits Coordinator

Reports issued by the Pew Internet & American Life Project track the habits of Internet users seeking health information and how they evaluate the quality of the content they find on the Web. The first report – *The Online Health Care Revolution: How the Web Helps Americans Take Better Care of Themselves* – revealed that 52 million American adults have sought health and medical information on the Internet.



By the time of the second report – *Vital Decisions: How Internet Users Decide What Information to Trust When They or Their Loved Ones Are Sick* – that number had risen to 73 million. The reports use the term “health seeker” as shorthand for people who use the Internet to search for health information. The reports, based on random surveys and focus group testing, reveal that on a typical day, about 6 million people, or 5 percent of those online, look for health information.

bottom. According to the reports, health seekers go online to find answers to specific questions. The vast majority, 93 percent, sought information about a specific disease; almost two-thirds looked for information about nutrition, exercise, or weight control; and a similar number, 64 percent, wanted to find information about a prescription drug.

### Search Strategies

Nearly 90 percent of health seekers say they start their searches using a general search engine such as Yahoo! or Google rather than a specialty site such as MEDLINE *plus* or Healthfinder. Another large percentage, 86 percent, say they visit multiple sites rather than rely on one favorite site.

More than one-third of health seekers who have succeeded in finding information say they talk with their doctors about what they find.

### Hot Topics for Health Seekers:

Weight Control is near the top and self-diagnosis is near the

# SAFE DRIVING TIPS

*Submitted by: Ed Fenton, Liability Claims/Insurance Manager*

Weather can create a driving hazard. Special care must be taken in fog, rain, high winds and winter driving conditions.

- **FOG:** It is best not to drive in fog. However, if you must drive in fog, take the following precautions:
  - Slow down. If you see headlights or taillights, slow down even more. A driver may be driving in the center of the roadway or may be stopped or barely moving.
  - Drive with your headlights set on dim, or use foglights.
  - Always maintain a 4 second field of vision. Stay within the limits of your vision. You may have to stop suddenly. If the fog is too dense, pull off the roadway and stop. Do not drive at five or 10 miles per hour.
  - Use your turn signal long before you turn and brake early when you approach a stop to warn other drivers.
- **RAIN:** When rain begins to fall lightly, water, dust, oil and leaves cause the roadway to become slippery. When this happens, increase your following distance. Take special care on curves and turns and while braking. Your headlights must be on when operating your wipers. Parking lights are not acceptable.
- **HIGH WINDS:** Wind can be a difficult problem for all drivers. Wind is especially difficult for drivers of trucks, recreational vehicles, campers and trailers-in-tow. In high winds, you should reduce your speed and make steering corrections when you go from a protected area to an open area and when meeting large vehicles such as



trucks and buses. Heavy rain or sleet often accompanies high winds. You should be alert to wet or slippery areas and plan for those conditions.

- **WINTER DRIVING:** Winter is the most difficult driving season due to many reasons, including ice, snow, lower temperatures and fewer daylight hours. When driving in winter conditions:
  - Drive slower and increase your following distance. Roadway conditions may vary depending upon the sun, shade or roadway surface.
  - Be sure your vehicle is maintained properly. Lights, brakes, windshield wipers, defrosters, radiator and other parts should be in good working order.
  - Use snow tires and/or chains (where allowed). Snow tires give you extra traction, and chains increase safety on snow or ice packed roads. Neither tires nor chains allow you to drive on bad roads at normal speeds.
  - Approach bridges, shaded spots, overpasses and turns slowly. They may remain icy after the rest of the roadway is clear and dry.
  - Plan your winter driving. Carry a blanket, food and other survival equipment, such as a shovel, in your vehicle in case you become stranded. If you become stranded, remain in your vehicle. Run your engine only for brief times, and open your window to prevent carbon monoxide poisoning. Make sure your vehicle tailpipe is free of snow and debris.

# WORK-RELATED EYE INJURIES

*Submitted by David Becker, Safety Officer*



Taken from Industrial Hygiene News: According to the US Bureau of Labor Statistics over 2,000 workers have eye injuries related to their work each day. “Workplace – related injuries happen in a matter of seconds, but taking a few moments to wear the proper eye protection can literally mean the difference between a very minor injury and blindness,” said Daniel D. Garrett Prevent Blindness America (PBA) spokesman. Industrial related eye injuries are commonly caused by chemical splashes, debris flying into the eye such as metal, wood and/or plastic. A few examples from the PBA are; John was fixing a fluorescent light fixture ballast. While snapping the last tube into place, it exploded, spraying his face with shards of sharp glass. His safety glasses prevented any serious injury. Cory was grinding aluminum when a chunk of the metal struck his safety glasses and embedded in them. Laura was using a compressor powered staple gun to attach wood to a

window frame. The staple struck a knot in the wood causing the staple to strike her safety glasses leaving two holes in the lens. These workers wore proper eye protection and possibly saved their sight in doing so.

Top 10-workplace rated eye injuries treated in US hospitals Emergency rooms in 2002 were:

1. Welding Equipment (not specified)	13,904
2. Tools (not specified)	9,492
3. Adhesives	6,698
4. Lawn Mowers (not specified)	4,556
5. House Repair or Construction	4,176
6. Chemicals (others, not classified)	3,806
7. Power (Grinders, Buffers, Polishers)	3,234
8. Saws (not specified)	3,134
9. Nails, Screws, Tacks, Bolts	2,603
10. Paints, Varnishes, Removers	2,601



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

**Did You know.....**

- \* Every day more money is printed for Monopoly than the US Treasury.
- \* The first novel ever written on a typewriter: Tom Sawyer.
- \* The San Francisco Cable cars are the only mobile National Monuments.
- \* Each king in a deck of playing cards represent a great king from history: Spades - King David; Hearts - Charlemagne; Clubs - Alexander, the Great; Diamonds - Julius Caesar.
- \* If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- \* In English pubs, ale is ordered by pints and quarts ... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase "mind your P's and Q's".
- \* Coca-Cola was originally green.
- \* Honey is the only food that doesn't spoil.
- \* Drinking two glasses of Gatorade can relieve headache pain almost immediately without the unpleasant side effects caused by traditional pain relievers.
- \* Colgate toothpaste makes an excellent salve for burns.
- \* Pam cooking spray will dry finger nail polish and spraying your Tupperware before putting in Spaghetti sauce will keep it from staining red.
- \* When you go to buy bread in the grocery store, have you ever wondered which is the freshest? So you "squeeze" for freshness or softness. Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day they use a different color twist-tie or plastic clip. They are: Monday-blue, Tuesday-green, Thursday-red, Friday-white and Saturday-yellow. The colors are run alphabetically by color - - blue - green - red - white - and yellow - Monday though Saturday. Very easy to remember.



[www.co.stanislaus.ca.us](http://www.co.stanislaus.ca.us)



*Great people talk about ideas,  
average people talk about things,  
and small people talk about other people.*  
~Author Unknown

**WELLNESS & SAFETY TRAINING—MARCH 8, 9 & 10, 2005**

*By: Peggy Huntsinger, Disability Manger*

The County is gearing up for the 2005 Wellness and Safety Training. Each department has designated personnel to take care of registration and most have already received training in the Training Module of People Soft with Lisa of the Auditor's Office.

Safety isn't just something we talk about, it is a way of life, or at least it should be. It is easy to get caught up in the "gotta get it done" mentality, but it is just as important to get it done safely. If you were to be hurt on the job or hurt at home, what type of an impact is your injury going to have not only on the job but in your life more importantly. Of course some work won't get done, or will be delayed, and your co-workers will have to carry some of the burden of you not being there to "get it done", but the most significant impact is to you and your family. It is just as easy and effective to work safely then to rush through and cut corners.

Stanislaus County offers Safety training through out the year in our core safety classes, and the Safety Unit is available to help put together specialized training at a department's re-

quest. Over the past several years Stanislaus County has held Safety Fairs over a three-day period where Safety is our primary focus. This year due to the impacted budgets on a State Wide basis we have scaled back and have eliminated the Fair aspect, but cannot, will not eliminate the Safety Training. Put March 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> of 2005 on your calendars and watch for the release of the finalized class schedule.

Classes will include:

Back Ergonomics, Blood-Borne Pathogens (BBP), Car Seat Safety, Disaster Preparation, Drivers Safety (DIP), Fire Prevention/Fire Extinguisher (FPFX), General Ergonomics, Hazard Communications, Injury Illness Prevention Plan, Office Ergonomics, Slip/Trip/Fall, Security/Violence in the Workplace (SVWP).

Until then,  
fore front of  
and at home in



keep safety in the  
your mind at work  
every daily activity.