

# LIFESAVER

## SAFETY & WELLNESS

RUTHERFORD COUNTY INS.



OCT-DEC 2010



The LIFESAVER newsletter is published to communicate safety and wellness information to all Rutherford Co. employees. Our hope is to encourage you to make safe and healthy choices each and every day.

### HOUSEKEEPING FOR SAFETY

Most of you probably have house cleaning responsibilities at home. For some of you, it's a regular weekly chore. Whatever the case may be, you'll agree that good housekeeping practices are important at home.

However, what we sometimes overlook is that good housekeeping is a key duty on the job, too. The orderly arrangement of work areas is vital to the safety of all workers, regardless of whether they are involved with machines and tools or with appliances and furniture.

It's a fact that approximately 6,000 persons are killed on the job annually in the United States, and an estimated 19,500 in home accidents. Seventeen percent of the on-the-job deaths are caused by falls, many of which result from just plain poor housekeeping practices. Falls often result from tripping over loose articles such as tools left in aisle ways and work areas. Wet spots on the floor, or trash and other articles left in stairways also take their toll.

During periods of rain and snow, you know what happens when you and the kids track water into the house from outside. Tracked-in water is a serious problem at work, too. Wet spots cause slips and falls. They should be cleaned up immediately, regardless of who was responsible for their being there.

We have trash receptacles placed in several strategic areas, so there is no excuse for waste paper, pop bottles, or other materials being thrown on the floor. You'd better get in close for a sure shot at the trash barrel. A word of caution. If a bottle should be broken on the floor, don't attempt to pick up the glass with your bare hands, Wear gloves or sweep up the pieces. The same procedure should be used for cleaning up nails and other sharp objects.

Let's face it. It is just a lot easier to do your job when your work area is kept neat. Do you find yourself waking around items in the floor that can be picked up and stored.

I'd like to emphasize that we're all dependent on each other for safety. It's up to each of us to hold up our end of the deal. When each of us keep our working environment in order, we reduce the risk of injury not only to ourselves but all that visit.

When it is all said and done, we don't want anyone to suffer and injury due to our lack of housekeeping safety.

Make time to do a little housekeeping in your working and living environment, we all are relying on YOU!

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### EMPLOYEE APPRECIATION FREE! FREE! FREE!



Come enjoy free food and fun on October 23rd at Lane Agri Park 315 John Rice Blvd. from 10-2pm. Whit's Bar B Que will be served. Employees can play bingo for prizes and register to win door prizes from over 50 area vendors. Kids area includes petting zoo, inflatables, and pumpkin decorating.

**Class Schedule for main building is:**  
 Cleansing & Detoxifying - Warm Springs Wellness  
 Eat Smart When Dining Out - CareHere  
 Diabetes Management - HCA  
 Home Buying - HOPS4COPS  
 Do you have the right fit? - Fleet Feet

<b>Free Health Screens:</b>	<b>Demos:</b>
BMI	Pilates
Derma Skin	Archery
Hearing & Vision	Martial Arts
Blood Pressure	The Chef Shoppe

Care Here will hold an HRA & Flu Shot Clinic from 8:30-2:00pm in the main building. Flu Shots are free to employees & spouses. Please BRING your Insurance Card. Brought to you by the Wellness Committee.

### RUTHERFORD CO. HEART WALK

2010 Start! Rutherford County Heart Walk is getting close. On the first Sunday of November, hundreds of people will gather at Walnut Grove on Middle Tennessee's campus. The Heart Walk is an event that emphasizes walking as a part of a heart-healthy Lifestyle and raises funds for the American Heart Association.

Load up your family, strollers, and dogs and join us on a 3 mile walk around campus. Games, activities, and food begin at 1:00p and the walk begins at 2:30p on November 7, 2010. This is a great opportunity to remember lost loved ones and celebrate survivors in our lives. The HeartWalk is free to all participants and fundraising in optional. If you are unable to attend, but would like to make a donation in honor of a family member or friend, please visit the website below.

Join Rutherford County's Heart Walk team today! First 25 employees to sign up get a free HeartWalk T Shirt.

[RC Heart Walk Team](#)



Questions? [getrutherfit@rutherfordcounty.org](mailto:getrutherfit@rutherfordcounty.org)

### Did You Know

Until 1796, there was a state in the United States called Franklin. Today it is known as Tennessee.

**KUBLY'S KORNER**

Article provided by BOE Safe School Manager, Josh Kubly

Red Ribbon Week is the nation's oldest and largest drug prevention program reaching millions of Americans during the last week of October every year. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena who was an 11-year veteran of the DEA assigned to the Guadalajara, Mexico. In 1985, while on assignment, he was kidnapped, brutally tortured, and murdered by Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

This year, special attention is being given to the dramatic rise in prescription drug abuse. Quite frequently youngsters merely open the medicine cabinet and there before them are a variety of drugs available for the taking: pain pills for post gum surgery; sleeping pills from an overseas airplane trip; cough medicine from last season's flu. 70% of children who abuse prescription drugs get them from family or friends. The time to act is now! You are the key to your child's drug-free future. Take the following preventative steps:

- Remove drugs from your medicine cabinet and hide them, lock them up or take them out of your house.
- Safeguard all medicines that have to remain at home by monitoring quantities and controlling access.
- Take inventory by writing down the names and amounts of medications you currently have and regularly check to see if anything is missing.
- If your child is on prescribed medication, monitor the dosages and refills. Set clear rules, such as, not sharing and always following proper dosages.
- Warn your youngsters that taking prescription or OTC drugs without a doctor's supervision can be just as dangerous and potentially lethal as taking street drugs.
- Supervise your child's Internet use: many pharmacy sites are not regulated and will sell your child medications without prescriptions.
- Properly dispose of old, expired or unused medicines in the trash. Hide or mix them with cat litter or coffee grounds before throwing them away in an empty can or bag. DO NOT flush medications down the drain or toilet, unless the label indicates it is safe to do so.

**The Lighter Side**



**"70% of children who abuse prescription drugs get them from family or friends."**

**Rutherford Co. Quarterly Safety Award**

Rutherford County along with Liberty Mutual would like to recognize Peggy Alexander, Custodian (Co. General) as this quarters recipient of the County's Safety Award. Peggy has been recognized by other county employees for going the extra mile when it comes to safety. She not only insures her safety while performing her job but goes out of her way to consider the safety of others first. She always communicates with those around her prior to beginning her work. She ensures they are aware of the hazards that will be present, such as: vacuum cords & wet floors that cause slips & falls or cleaners & dust that cause asthma/allergy attacks to name a few. Please join us in congratulating her for her outstanding safety awareness.



**Health Risk Assessment Drawing**

Congratulations to Jonathan Sanford, for winning \$2500 in the HRA drawing ending June 30, 2010. Jonathan is an 8th grade Social Studies teacher at Whitworth Buchanan. He was entered by taking his HRA at CareHere. Schedule yours today! [www.carehere.com](http://www.carehere.com)



**Safety Quote**

**"Working safely may get old, but so do those who practice it"**

**A LOOK AHEAD**

- Oct 4-29 - Annual Open Enrollment For Insurance Benefits
- Oct 29<sup>th</sup> - 2nd Annual Rutherford Co. Chili Cook-Off (4p to 5:30p, On the Square)
- Nov 4<sup>th</sup> - Coupon Workshop presented by Ann Haney (5-7p BOE Central Office)
- Nov 7<sup>th</sup> - "RC Heart Walk" American Heart Association @ MTSU (Activities 1:00-2:30, Walk 2:30)
- Nov 9<sup>th</sup> - "Nutrition Strategies for Healthy Holidays" (5-6:30p EMA training room)
- Nov 10<sup>th</sup> - Health Risk Assessment Clinic (7a-9a BOE Central Office)
- Nov 11<sup>th</sup> - Veterans Day, county offices closed
- Nov 25/26 - Thanksgiving, county offices closed
- Dec 23/24 - Christmas, county offices closed

