

# LIFESAVER

SAFETY & WELLNESS

RUTHERFORD COUNTY INS.



JAN-MAR 2011



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.



## Fit for Safety



Many of us make the infamous New Year's resolution of beginning an exercise program. There are many motivations for maintaining physical fitness but did you know daily exercise can be a key element to prevent accidents and reduce injuries. Yes, exercise will improve your ability to work safely by improving alertness that allows you to think clearly and improves your agility which reduces strains and sprains.

Physical fitness means having the strength, endurance and flexibility to deal with the things we encounter in our lives each day. It involves keeping our heart and lungs functioning well so they can supply us with the oxygen we need. Maintaining muscular strength can help us to prevent injuries. Maintaining fitness can increase energy and endurance to allow us to remain alert to possible dangers on the job.

Even if you work at a physically demanding job, it is important to have a regular exercise program. Even a job involving tasks such as heavy lifting or walking will not provide all of the right kinds of exercises to maintain good fitness.

Probably the last thing you want to do at the end of a day's work is to work some more ~ in the form of exercise. But in the long run it can help you to work better and even more safely. It can be a real trick to fit exercise into a schedule which is already too busy. But it can be done.

### Alternatives to a gym membership or maintaining a grueling exercise routine:

- Walk or bicycle to or from work or to the place where you catch your bus or carpool.
- Make a habit of taking the stairs as often as possible.
- Do stretching exercises right at your work station before your shift and during breaks.
- While you're out shopping, park farther away from the door. (there are plenty of spots and no door dings)
- Make exercise part of your social and family life by having some active fun with friends and family.

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## Introducing....Smart Steps

Rutherford County Wellness would like to Congratulate Josh Kubly as the Winner of Renaming the program. Josh entered Smart Steps and was chosen by the Wellness Committee. His submission was chosen out of 42 entries. Josh won a travel voucher from AAA! Now Smart Steps will take the place of GetRutherfit. Smart Steps is designed to bring employees help and education in a total wellness package. We offer lifestyle programs such as stress management, tobacco cessation, and weight control. Financial fitness is also included with



programs such as Budgeting and Couponing classes. We know small daily changes have an impact on your overall health and well being. Whether you decide to take a 10 minute walk, drink an extra bottle of water, or attend a Wellness seminar.....choose a *Smart Step* for yourself today!

### Safety Quote

"When you gamble with safety, you bet your life"

<http://www.rutherfordcountyttn.gov/insurance/wellness.htm>

**KUBLY'S KORNER**

Article provided by BOE Safe School Manager, Josh Kubly

**Cyberbullying (Internet Safety)**

Studies of internet-using adolescents indicate that 53% (approximately 13 million) have been the targets of cyberbullying and more than 15% (approximately 4 million) have bullied others online. For some of these youth, online cruelty may be a precursor to more destructive behavior, including involvement in hate groups and bias-related violence. Cyberbullying has been defined as "when the Internet, cell phones or other devices are used to send or post text or images intended to hurt or embarrass another person", or as "when an electronic device is used to attack or defame the character of a real person. Often embarrassing or false information about the victim is posted in an online forum where the victim and those who know the victim can see it publicly." Cyber-bullying can be as simple as continuing to send e-mail to someone who has said they want no further contact with the sender, but it may also include threats, sexual remarks, hate speech, ganging up on victims by making them the subject of ridicule in forums, and posting false statements as fact aimed at humiliation.

Cyber-bullies may disclose victims' personal data (e.g. real name, address, or workplace/schools) at websites or forums or may pose as the identity of a victim for the purpose of publishing material in their name that defames or ridicules them. Some cyber-bullies may also send threatening and harassing emails and instant messages to the victims, while other post rumors or gossip and instigate others to dislike and gang up on the target.

Kids report being mean to each other online beginning as young as 2nd grade. According to research, boys initiate mean online activity earlier than girls do. However, by middle school, girls are more likely to engage in cyber-bullying than boys. Whether the bully is male or female, their purpose is to intentionally embarrass others, harass, intimidate, or make threats online to one another. Though the use of sexual remarks and threats are sometimes present in cyber-bullying, it is not the same as sexual harassment and does not necessarily involve sexual predators.

Parents should discuss the following techniques with their children:

- Don't give out private information such as passwords, pins, name, address, phone number, school name, or family and friends' names. This information can be used by bullies and other harmful people on the Internet. Don't even reveal your password to your friends. They might reveal it or use it against you in a fight.
- Don't exchange pictures or give out e-mail addresses to people you meet on the Internet. Ask permission from parents when it is necessary to give such information.
- Don't send a message when you are angry—it's hard to undo things that are said in anger.
- Delete messages from people you don't know, or those from people who seem angry or mean.
- When something doesn't seem right, it probably isn't. Get out of the site, chat, etc.
- Realize that online conversations are not private. Others can copy, print, and share what you say or any pictures

**Rutherford Co. Safety Awards**

Rutherford County along with Liberty Mutual would like to recognize the recent recipients for the County's Safety Award. Congratulations to both of these employees for their efforts to enhance safety awareness and reduce on-the-job injuries. Your hard work does not go unnoticed.

**Board of Education**

**Rutherford Co. Gov**



**DeWayne Belcher**  
Lead Custodian, Christiana Elem



**Rick Spence**  
Deputy Co. Clerk

**Health Risk Assessment Clinic**

Health Risk Assessment Clinics come to you in 2011! CareHere will come to your site from 7-9a to take a blood draw for your free annual physical. Upon completion, you will receive access to a 25 page packet with all your numbers (blood pressure, cholesterol, liver function, etc.) This year's HRA date schedule is:

- February 9th -Eagleville School
- April 6th- RSCO
- June 1st-Loc TBD
- July 13th-Loc TBD
- November 10th-Loc TBD

If you are interested in CareHere coming to your department/school, please email [kperrien@rutherfordcountyttn.gov](mailto:kperrien@rutherfordcountyttn.gov)

Schedule yours today! [www.carehere.com](http://www.carehere.com)

**The Lighter Side**

**NOTICE**

**NO HIDING IN RESTROOMS DURING SAFETY MEETINGS**

*This sign can actually be purchased*

**53% (13 million) of internet-using adolescents report being the target of cyberbullying.**

**Wellness: Did you Know??**

We should only have up to 2 grams of trans fat a day. But if there is less than half a gram in a serving, the product can still be labeled **trans fat free**. If we eat two servings and aren't paying attention, we'd consume half of the day's allowance while thinking we're at 0 grams!!

**A LOOK AHEAD**

- Jan 24th Advanced Couponing BOE Central Office 5-7:00 2240 South park Blvd
- Jan 25th CareHere Weigh Kick Off 5-6p Insurance Dept 303 N Church
- Feb 8th Building a Better Budget 5-6:30p Community Center Classroom 315 John Rice Blvd (Agri Center)
- Feb 9th Health Risk Assessment Clinic 7a-9a Eagleville School
- Mar 3rd Surviving Allergies 5-6:30p 1st Floor Conference Room 303 N Church
- Mar 10th Coping With Grief And Loss 4:30-6:00p Planning Mezzanine 1 South Public Sq (Planning Bldg)