

LIFESAVER

SAFETY & WELLNESS

RUTHERFORD COUNTY RISK MGT.



Update: Effective immediately, the *Insurance Dept.* will now be titled and referenced as the **Risk Management Dept.** This new title better identifies and describes the comprehensive services administered by the department.



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.

Preventing Slips, Trips & Falls

Estimates put the number of disabling injuries resulting from falls at over 30,000 per year. The number of deaths is close to 12,000 a year. In 2010 Rutherford Co. had 52 employees injured from slips, trips and falls.

What You Can Do To Help

Instead of going into detail about each of the hazards associated with slips, trips & falls, I will ask each of you for help in reducing the risk of injury by identifying some common hazards. Besides making an extra effort to really watch where you're going, practice the following six safety rules:

1. Report any lighting problems. This goes for inside and outside. Falls can happen just as easily in the parking lot as in the workplace. We can prevent some of them by making sure we can all see where we're going.
2. Report any hazardous floors. If there are loose tiles, torn carpets, broken or loose floor boards, or bumps or cracks in the concrete surfaces, let maintenance know ASAP.
3. If you are involved in any clean-up operations. Please mark off wet floors.
4. If you notice a spill or greasy surface, clean it up or report it to someone who can.
5. Never ever run cords, cables or hoses across high-traffic areas. If it can't be avoided, make sure the area is marked off
6. Report any special hazards that may be lurking in stairwells or in other areas of the facility. These include loose or missing ladder rungs or dangerous areas on the loading dock.

Preventing slips and falls is a team effort. Walking around a spill or an open drawer might keep you safe, but what about the next person who walks by? By correcting the hazard or reporting it, you keep not only yourself safe, but your co-workers as well.



Smart Steps Wellness – Time for a Break!

Gas prices are high...but it is still a great time for a summer road trip. Vacation is a good time to reconnect with your family, have fun, and rest. Remember these travel tips to keep your getaway stress free.

- Stay hydrated-Vacation takes you out of your routine. Remember your fluids while having fun.
- Tell someone where you are going and when you'll be home.
- Take some cash for emergencies.
- Stop your mail and deliveries.
- Buckle-Up!
- Stow a car fire extinguisher, flash light, and first aid kit in your trunk.

Some items to include in your first aid kit are:

Aspirin/Pain Reliever, Cold Medicine, Contact Lens Preparation, Diarrhea Medicine, Laxative, Insect Repellent, Sunscreen, Sunburn Relief, Antibiotic Cream, Motion Sickness Medicine, Personal Hygiene Items, Personal Prescriptions, Water Purification System, Vitamins

Finally, don't leave kids or pets in the car even for a few minutes! A closed vehicle can heat up to dangerous levels in a matter of minutes on a warm day - even at temperatures as mild as 60 degrees. During summer months, the temperature inside a parked car can surpass 120 degrees in as little as 10 minutes. So be careful out there and ENJOY THE SUMMER!



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Safety Quote

“Safety is a STATE of mind whereas Accidents are an ABSENCE of mind ”

KUBLY'S KORNER

Article provided by BOE Safe School Manager, Josh Kubly

Stay safe while still enjoying summer vacation!

10. Bites and Stings: Planning to spend time outside means planning to spray yourself and your kids with insect repellent ~ repellents don't kill insects, but they can help reduce bites from mosquitoes, ticks, fleas and other bothersome bugs.
9. Ticks: Outdoorsy types aren't the only ones who need to worry about ticks ~ you could pick one up in your own yard while gardening or playing outside. Prevent tick bites and tick-borne illnesses by wearing the proper clothing, insect repellent and conducting frequent tick-checks!
8. Pool Safety: Never leave kids alone near the pool, no matter what their ages or swim capabilities are. Installing fencing around pools, at least 5-feet high, all the way around and with a self-closing, self-latching gate, can prevent 50 to 90 percent of accidental drowning incidents. Pool and gate alarms will alert you to when the pool water becomes agitated and when the gate is opened.
7. Playground Safety: Check the playground equipment before letting kids play on it. For example, surfaces that are too hot can cause burns, and loose ropes ~ ropes that aren't secured on both ends ~ can cause accidental strangulation. The ground should be covered in a protective surface such as rubber mats, wood or rubber mulch or wood chips, never grass, asphalt or concrete. The right surface materials could reduce the risk of head injury or other severe injury in the event of a fall.
6. Bicycle Safety: Keeping kids safe on their bikes also means sending them out on bikes that fit. Checking that your child hasn't outgrown last year's ride is easy: Have your child straddle the top bar of his or her bike with both feet flat on the ground. A 1 to 3-inch gap between the bar and your child's body means it's still the correct size. And, always wear a helmet!
5. Poison Ivy: The only way to avoid developing the rash is to avoid contact with these poisonous plants, but wearing clothing that covers a good amount of skin will help reduce your risk. The American Academy of Dermatology recommends home treatment for mild cases, including cool showers and oatmeal baths. Moderate to severe reactions may require a visit to your physician.
4. Food Poisoning: One of the best ways to avoid food poisoning during the summertime is to be sure food items that contain mayonnaise, milk, eggs, meat, poultry and seafood aren't kept at room temperature for more than an hour or two (one hour max if it's 90 degrees F outside). And remember, raw fruits and vegetables can cause problems if not properly washed and stored.
3. Heat-related Illness: Kids are more susceptible to heat illnesses than adults. Strenuous activity and dehydration make it difficult for young bodies to regulate changes in body temperature, and chronic health conditions such as diabetes or cardiovascular disease and medicines such as antihistamines also increase the risk. Kids are also at risk for heat illnesses if left in a hot car ~ even if the windows are cracked and even if it's only for a few minutes. Never leave a child unattended in a car.
2. Hydration: The American Academy of Pediatrics (AAP) recommends drinking about every 20 minutes if kids are active in sports, about five ounces is right for a kid weighing 88 pounds. Water and sports drinks (drinks that contain electrolytes) are the best options for hydrating kids ~ avoid sodas, juice and other fruit drinks. The National Alliance for Youth Sports recommends choosing beverages that contain 100 mg (or more) of sodium and 28 mg (or more) of potassium in an 8-ounce serving (if choosing sports drinks, watch out for high sugar content).
1. Sunburn: According to the Skin Cancer Foundation, getting one blistering sunburn when you're a kid doubles your chances of developing melanoma. Regardless of age and skin type, the American Academy of Dermatology recommends that everyone, adults and kids alike, apply a water-resistant sunscreen that protects against both UVA and UVB rays every day of the year. Choose a sunscreen that is at least SPF 30 and apply it 15 to 30 minutes before going outside. When using sunscreen, apply generously. If you're using both sunscreen and insect repellent, apply sunscreen first and then repellent. **STAY SAFE!**

The Lighter Side



Safety Word Search

T	X	L	Q	V	X	A	O	B	L	H	P
I	L	W	A	E	L	G	Q	G	R	E	E
U	F	H	E	G	M	D	L	A	E	X	E
R	W	A	T	E	R	Y	V	L	E	W	C
F	Y	Q	X	T	N	P	S	R	R	U	Q
B	S	V	L	A	A	E	C	W	X	K	O
T	Y	V	X	B	B	I	D	Y	A	B	R
J	L	W	U	L	S	T	N	R	C	L	R
Q	H	C	T	E	R	T	S	M	A	L	K
K	Q	H	E	B	G	Q	L	H	O	G	F
Walk						Vegetable					
Fruit						Stretch					
Exercise						Garden					
Water						Sleep					

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



Clifford Davenport
Lead Custodian, Oakland HS

Rutherford Co. Gov



Ed Phillips
RC Health Dept. Custodian

Health Risk Assessment Clinic

Congrats to our quarterly winners!

Jeannie Nicholson of Eagleville & Rockvale Middle School won our Employee drawing for \$2500!



Our spouse drawing for \$1000! was won by William Sullivan married to Cynthia Sullivan of Rock Springs Middle School.

Did you Know??

You can sign up online for a FREE powerpay account. This site is University supported and offers a free debt elimination program including spending plan, access to free education, financial calculators, and more.

www.powerpay.org

A LOOK AHEAD

Jul. 12th	Understanding your fitness center	MTMC Wellness, 611 Lytle Street	5-6:30p
Aug. 2nd	Adult CPR AED Cert. Class	Special Ops Response Team Bldg, Fortress Blvd	6-9:00p
Aug. 9th	Simple Ways to Reduce Stress	Community Care, 901 County Farm Rd	5-6:00p
Aug. 11th	Super Foods- A+ Nutrition Every Day-	Admin Conference Rm. 303 N Church	5-6:00p
Sep. 13th	Healthy Cooking Class for Diabetes	RC Health Department, 100 W Burton	5-6:30p