



Health & Safety

Rutherford County Ins.

Jan - Mar 2010

Health Insurance

Employment Assistance Program (EAP) Benefit

Discover the excellent benefits that LifeServices provides for Rutherford County employees

<http://www.lifeserviceseap.com/index.php>

Safety

- Walking Surface Safety
- Quarterly Safety Award

Did You Know

Slips and falls are the number two cause of accident death and disability, following behind automobile accidents.

Safety Quote

"Safety is as simple as ABC...
Always Be Careful"

The Lighter Side



The EAP is a confidential counseling, assessment and referral program designed to help you manage your life. Just as health insurance is designed to address your physical well being, your EAP is designed to address your emotional and mental health, as well as manage your work/life issues to achieve a healthy balance.

Provided EAP Services include:

- 24/7 emergency response through our 1-800 number.
- Access to all services through our toll free number or through our web site.
- Quality local counseling for employees and dependents dealing with any type of personal matter.
- Legal and Financial Consultation Services.
- On-Site crisis response/counseling in the case of a traumatic workplace event or natural disaster.
- Wellness seminars for employees and supervisors on topics such as stress management, team building, communicating to reduce conflict, dealing with change, etc.
- Ongoing consultation for managers regarding ways to handle difficult or troubled employees or special workplace challenges.
- Assistance in the implementation of a Drug-Free Workplace Program (DFWP).

Walking Surface Safety

Be sure to complete this quarters safety training at:

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

The objectives of this quarter's safety training is to encourage all county employees to become familiar with walking surface hazards and increase your ability to apply Walking Surface Safety in your work areas. The majority slips, trips and falls can be attributed to the walking surface in and around your work center.

Additional information can be found in the training outlined as followed:

- 3 Main Causes of Slips & Trips
- Lack of Awareness
- Environmental & Engineering Factors
- Occupational Hazards
- Look Out Below



WORKLIFE SERVICES

EAP WorkLife Services can be accessed on-line or by telephone. Specialists will assist you with any life situation such as:

- Family Issues - Finding prenatal care, child care, adoption matters or adult care.
- Health & Wellness - Diet/nutrition, fitness programs, general health, etc.
- Education - PreK, elementary, special education, colleges, financial aid.
- Daily Life - Automotive, home improvement, moving, pet care, special events, travel, etc.

You can contact LifeServices 24 hours per day, seven days per week. To schedule a routine appointment, please call (1-800-822-4847) during normal business hours (7:30 a.m. to 6:30 p.m. EST). Should you have an emergency anytime (day or night, weekday or weekend) please call the 1-800 number immediately. A counselor will answer the phone to assist you.

LifeServices

1841 Heritage Park Plaza
Murfreesboro, Tn 37129

Rutherford Co. Safety Award

The Rutherford County Safety Award was designed to recognize and acknowledge County employees who play an important role in establishing a safety culture in their work centers. We would like to recognize Adam Dodd who is responsible for the preventive work orders pertaining to safety standards in all county buildings. Each month Adam inspects the buildings fire control systems to include fire extinguishers, sprinklers, and lighting. He also escorts the Fire Sprinkler and Elevator inspectors during their inspections of county buildings and corrects all infractions on the spot. He does this in addition to his ever growing list of work orders while at the same time having his efforts go mostly unnoticed. Adam's eye for detail and his concern for his fellow employees ensure Rutherford County buildings are a safe place to work or visit.



If you have any questions or comments regarding this information, please contact Tim Street, Training & Development Specialist at 898-7715.