

LIFESAVER

SAFETY & WELLNESS

RUTHERFORD COUNTY INS.

APR—JUN 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.

RC Employees Start! Walking April 6

SMART STEPS EMPLOYEE WELLNESS

April 6th is American Heart Association's National Start Walking Day. Rutherford County employees and families will walk at the new MTMC this year. We will join MTMC and other organizations as we kick off our exercise for spring. This walk is open to the community. Festivities begin at 4:00 with the walk beginning at 4:30 p.m. Kick off your exercise program with **NEW** sneakers. Enjoy \$5 off a Murfreesboro Fleet Feet footwear purchase on April 5th. Please email the Wellness Coordinator to request your coupon.

Email kperrien@rutherfordcountyttn.gov for coupon or additional information



This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

Earth Wellness - Earth Day Celebration

Article provided by Mimi Davis Keisling, Environmental Education Coordinator

What began as a national event in 1970 has now grown into world-wide recognition of Earth Day. While many people may not claim to be environmentalists, most will agree about the importance of clean air and water, the conservation of natural resources, and the general benefits of being better stewards of the planet. Earth Day is a time for citizens to unite and acknowledge the potential impact of human activities on the environment, which ultimately affects human health and wellness.

The 2011 Earth Day Celebration will be held on Saturday, April 16 from 10:00 a.m. - 2:00 p.m. on the historic courthouse square. This is a free event with plenty of interesting activities, music, and fun exhibits designed to raise awareness about taking better care of the environment, our resources, and our health.



TN Right - To - Know Law Hazard Communication (HAZCOM)



Hazard communication standards, or "worker right-to-know" laws, regulate how information about workplace chemical hazards is communicated to employees. As with most workplace health and safety standards, right-to-know laws are developed in large part according to standards adopted under the federal **Occupational Safety and Health Act (OSH Act)**. There is additional information and a comprehensive discussion about the federal right-to-know standard.

Tennessee is one of a number of federally approved "state-plan" states, with its own **Tennessee Occupational Safety and Health Act (TOSH Act)** governing both private and public sector workplaces. The TOSH Act has adopted the federal OSH Act standards, including its worker right-to-know standard, but it also enforces the Tennessee **Hazardous Chemical Right-to-Know Law**, which contains requirements in addition to those in the federal standard (*TN Code Sec. 50-3-2001 et seq.*). Following are state requirements that are stricter than federal standards.

To meet TOSH and OSHA requirements, all Rutherford County employees will be required to complete Hazcom training each year. Even though you may not work around toxic chemicals on a daily basis, you might be surprised by the dangers with common cleaners that are used in your workplace. You do have the right to know of these dangers and how to reduce the risk of exposure from the chemicals around you.

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Safety Quote

"Safety is something that happens between your ears, not something you hold in your hands"

KUBLY'S KORNER

Article provided by BOE Safe School Manager, Josh Kubly

Practice and Preparedness

Recently, Rutherford County Schools conducted our Spring Emergency Safety Drills. We conduct these large scale, system-wide drills twice each year and have been doing so for the past seven years. Each year, our schools practice eleven (11) fire drills and two (2) of the following: tornado, lockdown, medical, and target scenario drills. Target scenario drills test our emergency response to situations such as active shooter, custodial disputes, terrorist threats and more.

We do an exceptional job of preparing students, faculty, and staff for emergency situations on campus. But, are we truly prepared for emergencies at home? I can honestly say I have not done enough with my own family to prepare for a fire or severe weather.

Every family needs to plan for what might happen. You should sit down with your family and talk about:

- What types of disasters might happen.
- What you should do to prepare (like creating a family disaster kit)
- What to do if you are asked to evacuate (leave your home)

You should talk to your family about:

- Where to meet away from your home in case of a fire (like a neighbor's house or the corner of the street);
- Where to meet outside your neighborhood if you must evacuate. You should pick a friend or relative's house;
- Where to call to "check in" if you become separated from your family during a disaster. You should memorize the phone number of a favorite aunt or family member who lives in another state. You would call there to report where you are so your family can find you.

You can also talk with your whole neighborhood about disaster plans. Find out if someone in your neighborhood has a special skill ~ like being a doctor or nurse.

April is Tornado Awareness Month. Please take some time to discuss your emergency plans. I've included a few links to information on the Internet that you may find useful. Stay Safe!

Thunderstorms, Tornadoes, Lightning: A Preparedness Guide by NOAA

<http://www.weather.gov/os/severeweather/resources/ttl6-10.pdf>

Family Disaster Kit Scavenger Hunt

http://www.fema.gov/kidsApps/quiz_multiset_questions.do?quiz=quiz_disasterkit&saction=init

Kids' Survival Kit http://www.fema.gov/kids/k_srvkit.htm

The Lighter Side



Safety Word Search

v r k f f j y s w p a h
 t e i s h a z a r d r s
 e r z z i y t e f a s a
 q j a q b r v w o x s o
 b h o i e e q l c u u y
 t a n l n t c n u s x l
 k z a t o i a l s m i f
 r c i q m e n s t r z j
 w o h q j n x g h w n j
 n m r u z t l t j y f w

alert	focus
hazard	hazcom
prevention	risk
safety	training

Rutherford Co. Safety Award



Rutherford County along with Liberty Mutual Ins. Company would like to congratulate Jason Peralta, Corrections Officer, Rutherford County Workcenter for being selected as the Jan-Mar 2011 quarterly safety award winner. Jason is being recognized for his efforts to enhance safety awareness with his fellow employees and work crews on a daily basis. His hard work and attention to detail prevent work place accidents and reduces the risk of on the job injuries. Congratulations Jason Peralta.

Health Risk Assessment Clinic

Health Risk Assessment Clinics come to you! CareHere visits your site 7-9a taking a blood draw for your free annual physical. Participants will receive access to info packet with blood pressure, cholesterol, liver function, etc.) Clinics are coming soon:

- April 6th RCSO
- April 13th Smyrna Middle
- May 11th LaVergne Primary

Congratulations to Donna Berg for winning our last quarter's HRA drawing!

Want us to come to you?
 Email: kperrien@rutherfordcountyttn.gov



Did you Know??

It's Time for Spring Cleaning!
Don't forget your desk. More than half of survey respondents say they've gotten sick from a coworker in the past year. No Wonder! Dr. Gerba's research shows the typical workers' desk (phone, keyboard & mouse) has 400 times more bacteria than the average toilet seat. The office kitchen? "Like an unregulated restaurant," he says. When was the last time your dept/school fridge was cleaned? One of the best ways to prevent illness is to clean these surfaces with disinfecting wipes and wash your hands throughout the day. So grab the Clorox wipes and hit the fridge handle, phones, etc. and keep everyone WELL FOR SPRING.

A LOOK AHEAD

April 4th & Jun 6th	Diabetes Mapping Class #1 5-6:30p Community Center Classroom 315 John Rice Blvd
April 6th	AHA's National Start Walking Day The New MTMC 4-5p
April 7th	Beat the Pack/Kick the Can Tobacco Cessation CareHere Blackman Clinic
April 11th & June 13th	Diabetes Mapping Class #2 5-6:30p Community Center Classroom 315 John Rice Blvd
April 22nd	Good Friday, Rutherford Co. Offices will Be Closed
April 25th	Strength Train at Home 4:45-5:45p Admin Conference Room 303 N Church
May 5th	Body Image Movie Night 5:30-8:00p Teacher's Center 2240 Southpark
May 21st	Coupon Class Intro & Advanced 10a-3p Community Center 315 John Rice Blvd
May 12th	Kids in the Kitchen-Healthy Cooking 5-6:30p RC Health Dept 100 W Burton
May 30th	Memorial Day, Rutherford Co. Offices will Be Closed
June 9th	Journey to Freedom Class #1 4:30-6:00p Community Center Classroom 315 John Rice Blvd