



# The Risk Connection

MARCH 2017

Presented by Risk Management & Employee Benefits

- News You Can Use
- Safety Information
- Benefits Information
- Wellness Articles
- Training Schedule



## Safety Data Sheets Available Online

Fresno County now has a new way to access and maintain our Safety Data Sheets (SDS). Those of you familiar with Safety Data Sheets know that they are informational sheets on hazardous substances and that they are vitally important in the workplace. All employees must have access to the sheets and all hazardous substances in the workplace must have a corresponding sheet available. Safety Data Sheets provide information on the products including first aid information, associated hazards, proper handling and storage procedures, and disposal information. The information is important for all employees

no matter your position or how frequently you handle hazardous products. The County now has an [online database](#) available to all employees, which houses all of the SDSs for hazardous products being used in County work areas. Use the link above, or go to the Risk Management site and look under "Reports and Resources" to find the "MSDS Online Database" link. There is also a [guide](#), located on the same page, to help you navigate the database. The new database provides employees access to all SDSs for the County, no matter the location. You can look up specific products or a specific location

and find all SDSs for products being used there. Make sure to visit the site and save it in your browser's favorites or save the link as an icon on your computer's desktop. It could be important to access the information on the SDSs quickly in an emergency!



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## New Return to Work Analyst

Risk Management has added a new member to its team. Naomi Janzen joined Risk Management last December. She is handling the Return-to-Work Program. The County Return-to-Work Program is designed to assist employees with a qualified disability resulting from an on-the-job injury in an

effort to continue employment with the County of Fresno. Naomi originally began her employment as a Social Worker with the County of Fresno in 2016 in the Department of Social Services - Family Reunification. She is excited about her new role as a Human Resources Analyst.

She is enjoying assisting with returning workers with on-the-job (industrial) injuries back to work. All questions or issues regarding Return-to-Work, Work Status Reports, work restrictions, accommodations and interactives, can be directed to Naomi at [njanzen@co.fresno.ca.us](mailto:njanzen@co.fresno.ca.us) or 600-1850.



# You Time! Here's your office workout

## Make staying active part of your work routine

We're all pressed for time in today's working world. But when it comes to your well-being, remember, you're the boss. So you need to take the steps to work movement into your schedule. Luckily, staying active at the office is only a matter of doing small bits of exercises throughout the day. You may not be able to work out a full half-hour, but all of your small steps add up.

### While on the job, try:

- Using the stairs instead of the elevator.
- Walking to your co-worker's office instead of e-mailing or calling.
- Walking to the break room and back.
- Using the stairs to the bathroom one flight up.
- Looking away from the screen each 30 minutes or so to stretch. Roll your shoulders, arch your back, stand up and stretch your legs.

### Before and after work try:

- Parking far away from the front door.
- Looking for a spot at your job where you can walk at lunch, during breaks or after work.
- Bringing exercise clothes with you so you can walk or jog nearby.

-Courtesy of Anthem



## Human Resources Department

### Risk Management

County Plaza 16th Floor  
559-600-1850 Stop 188

### Employee Benefits

County Plaza 14th Floor  
559-600-1810 Stop 188



## Safety Class Schedule

### Hazard Communication

4/5/17 9:00-10:30 AM

### Office Safety/Back Safety

3/9/17 9:00-11:00 AM

5/31/17 9:00-11:00 AM

### Workplace Violence

4/19/17 9:00-11:00 AM

### CPR and First Aid

3/10/17 8:30-4:00 PM

### Office Ergonomics

3/22/17 9:00-11:00 AM

3/23/17 8:30-4:00 PM

5/25/17 9:00-11:00 AM

4/7/17 8:30-4:00 PM

4/20/17 8:30-4:00 PM

5/4/17 8:30-4:00 PM

### Defensive Driving

5/17/17 9:00-11:30 AM

5/19/17 8:30-4:00 PM

Spaces for these classes may be reserved by emailing the Human Resources-Training mailbox. All courses are free. See the Training Schedule on the Human Resources-Risk Management website for more information.

## New Changes to Child Car Seat Law

Ensuring that all occupants of the vehicle are buckled up is the best, most effective way to safeguard the well-being of everyone on the daily commute. Recently, California's rules regarding the transportation of children have changed. According to the California Highway Patrol (CHP), effective January 1, 2017:

Children under two years of age shall ride in a rear-facing car seat unless the child weighs 40 or more pounds OR is 40 or more inches tall. The child shall be secured in a manner that complies with the height and weight limits specified by the manufacturer of the car seat.



This had changed from the preexisting age and weight thresholds for infants from being required to ride in a rear facing child car seat until one year of age or 20 pounds. In addition to the new rules for infants, "children under the age of 8 must be secured in a car seat or booster seat in the back seat." So be sure to buckle up and slow down for adverse driving conditions.

<https://www.chp.ca.gov/programs-services/programs/child-safety-seats>