



The Risk Connection

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Presented by Risk Management & Employee Benefits

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Winter Safety Information

With the winter months upon us, they bring with them some important safety concerns. While most of these safety issues are applicable throughout the entire year, some are even more pertinent during this time.

Driving definitely has added hazards in the winter. Fog is a particularly dangerous issue in the valley. There are several things to keep in mind when dealing with fog and other winter driving conditions. Make sure your headlights are being used. Too many drivers are driving in the fog with no headlights on. Check your windshield wipers

to make sure they are in good condition and replace them if necessary. Slow down! The posted speed limits are for ideal driving conditions so adjustments need to be made for factors like weather. Increase the following distance between you and the car in front of you so you can give yourself plenty of time to brake, if necessary.

It's also the time of year when situational awareness is very important. It's getting dark earlier and people should be conscious of what is going on around them at all times. It can be harder to spot trip hazards in the low light condi-

tions, so always be alert and avoid engaging in anything distracting while walking, such as using your phone. Also, remember to walk to and from work in groups when possible.

Whether you're walking or driving, make sure to give yourself plenty of time to get to your destination. Leaving a little early can allow you to drive or walk more carefully and avoid rushing, which is when people tend to be more careless. Take your time and reach your destination safely.

County of Fresno Welcomes Kaiser On-the-Job

Kaiser On-the-Job has been added to the County of Fresno Medical Provider Network (MPN). Kaiser On-the-Job offers medical treatment for work-related injuries and illnesses regardless of whether or not an employee has Kaiser insurance.

Kaiser Permanente's Occupational Medicine Department provides comprehensive, high quality workers' compensation injury and illness treatment and other employment related medical services. They provide

one-on-one medical management, physical therapy, and case management services to assist patients with workers' compensation claims. The goal of their treatment program is to help patients regain their highest possible level of functioning following an injury or illness. Kaiser Permanente's Occupational Medicine Department works closely with physical therapists, occupational therapists, psychologists, and

other medical specialists, including orthopedists and neurologists, to develop an individualized treatment program for their patients.

Kaiser On-the-Job is now one of the initial medical treatment clinics listed on the Medical Treatment Authorization Form.

Kaiser On-the-Job is located at 7300 N. Fresno Street, Oak 1, Fresno, CA 93720. Office hours are Monday through Friday, 8 a.m. to 4:30 p.m.

Personnel Services 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

Workplace Violence

2/25/16 9:00-11:00 AM

Hazard Communication

2/4/16 9:00-10:30 AM

Office Ergonomics

1/12/16 9:00-11:00 AM

2/10/16 9:00-11:00 AM

3/9/16 9:00-11:00 AM

Back Safety

1/7/16 9:00-10:00 AM

3/23/16 9:00-10:00 AM

Office Safety

1/27/16 9:00-10:30 AM

3/24/16 9:00-10:30 AM

CPR and First Aid

1/28/16 8:30-4:00 PM

2/12/16 8:30-4:00 PM

2/26/16 8:30-4:00 PM

3/17/16 8:30-4:00 PM

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

10 Tips for Managing Holiday Stress

The holidays are here, and the season is inevitably demanding. Here are some tips to thwart holiday stress:

Recognize and acknowledge your feelings. If you can't be with loved ones, or there's been a divorce or death of someone close to you, it is normal to feel sadness and grief. It's OK to experience these feelings.

Reach out and volunteer if you are alone or feeling lonely. Helping others can lift your spirits.

Don't expect perfection. As families change, traditions often change as well. Be open to creating new rituals and new ways to celebrate. If you can't be with loved ones, try phone calls or sharing emails, text messages, pictures, or videos.

Don't overspend. Find out how much money you can afford for food or gifts, and stick to your budget. Don't attempt to "buy happiness" with a boatload of gifts.

Connect with others. Laugh more and reach out to family and friends. Why? Social contact is an excellent stress reliever because it can distract us from sadness, loneliness and stress.

Plan ahead to reduce stress. Make a checklist. Think about what is needed prior to shopping, cleaning, baking, visiting, or attending an event.

Stop saying "yes" to every project and activity. If we try to take everything on, we pay the price. It's OK to say "no" and to delegate some tasks.

Keep up with healthy habits. Make an agreement with yourself to have a light nutritious lunch, or take walks, get enough sleep, stop inhaling large platters of sweets, or whatever it takes not to abandon all your healthy habits during the holidays.

Make time for yourself. Listen to your favorite music, stargaze, take a bubble bath, laugh, write in a journal, meditate, take a calming Yoga class, sleep in, get a massage or pedicure, sketch, plant flowers—in other words do things you like—just for you.

Have the courage to seek professional help. If you persistently feel sad or anxious, are unable to sleep, feel irritable and hopeless, or are overwhelmed by physical complaints, talk with your provider or mental health professional. Professional counselors can help you discover the source of your stress and provide you with useful coping techniques.

~Adapted from San Francisco VA Medical
Center Public Affairs



For assistance, contact ACI Specialty Benefits at
800.932.0034 or askaffinity@acispecialtybenefits.com

To access the
Affinity™ Online
Website:

1. Go to www.affinity-online.com
2. In the login page, enter the company user name: **cof**
3. Enter the company password: **aci**