



The Risk Connection

DECEMBER 2016

Holiday Decorations Safety

Presented by Risk Management & Employee Benefits

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

Happy Holidays!

The holiday season is upon us, bringing with it all the usual excitement and activities! However, along with the season's festivities and fun, it also brings with it important safety concerns. One of the biggest safety issues has to do with hazards related to electrical cords and decorating. To help make sure you, your coworkers and your family all have a safe holiday season at work and at home, here are some safety tips to remember.

When purchasing strings of lights for decorating, whether for work or for home, make sure the lights have been tested by a recognized testing laboratory such as Underwriters Laboratories (UL). The labels should indicate the approval.

Before hanging the lights, inspect the whole strand. Do not use strands with frayed or bare wires, or broken sockets.

Avoid any tripping injuries by making sure cords are not stretched out into areas where people are walking.

When stringing strands of lights together, don't overload the outlet or extension cord. Extension cords should not be connected to other extension cords or power strips. It is also recommended that you use no more than three standard-size sets of lights per extension cord, but check the information on the package of lights themselves for specifics.

When decorating with lights

outdoors, make sure to use the proper type of lights. Indoor only lights may not be resistant to moisture, which can cause an electrical short if they are exposed to rain or any condensation.

Make sure to turn all of your lights at work off when leaving for the day. For home displays, turn off all the lights when leaving home or when going to bed for the night.

Along with all the hustle and bustle of the season, try to keep safety in mind, as well. Have a happy and safe holiday season!

Some information from US Consumer Product Safety Commission

INSIDE THIS ISSUE:

Rethink Your Drink 2

Prevent Carbon Monoxide Poisoning 4

New Senior Workers' Comp Analyst

Senior Analyst, Sam Mann, is the newest addition to the Risk Management team. Sam has many years of experience in the HR field including workers' compensation (WC), labor, liability, contracts and safety. He previously worked in Risk Management as an Analyst for five years, and then went on to work for the City of

Clovis for ten years. Sam returned to the County of Fresno in October and joined the Workers' Compensation program. He currently works with defense attorneys regarding the litigated WC claims and works as liaison between Risk Management and the Third Party Administrator. Making a positive financial impact on the Workers'

Compensation program, ensuring that the Third Party Administrator provides a high level of service to injured workers, and providing resources to other divisions within the Human Resources Department as well all departments within the County, in general, is Sam's primary focus.

Rethink your drink

Quench your thirst without the sugar

The average person eats almost 79 pounds of sugar a year — about half a pound a day. The single biggest source? Sugary drinks.

Extra calories from all that sugar leads to weight gain that can put people at risk for lifelong health problems such as diabetes and heart disease.

Did you know?

Beverages such as soda, fruit drinks, and sports and energy drinks account for nearly half of the sugar we consume each day.

U.S. teens drink twice as much soda as milk.

Americans spend \$14.3 billion annually on sugary soft drinks.

Sugary drinks do not make you feel full, and may actually make you hungrier a few hours after drinking them.

Sugar adds up



Americans consume 300 more calories per day than we did 30 years ago. Almost 50 percent of those calories comes from sugary drinks, making them a major contributor to the obesity epidemic.

How does this add up?

Drinking just one 20-ounce bottle of soda each day for a year can result in gaining 25 extra pounds.

Many sports drinks and vitamin waters have fewer calories and less sugar than soda, but the calories still add up. Consuming just one of these drinks every day for a year will result in a 10 to 13 pound weight gain. Avoid them unless you are participating in a triathlon or other very strenuous exercise.

Energy drinks are often full of sugar and caffeine. Drink just one per day and you'll see about 20 pounds added to your weight. A better way to get the energy you need? Healthy eating, regular exercise, and plenty of sleep.

And while coffee drinks might give you a pick-me-up feeling, the average coffee drink adds over 300 calories to your day. That can mean 30 extra pounds of weight gain per year. If you need a quick fix, tea or coffee drinks made with nonfat milk or unsweetened almond, soy or other milk alternatives are better choices.

Continued on page 3

Continued from page 2

Compare average sugar and calorie content per serving in some of the most popular drinks.

Beverage	Serving size	Calories per serving	Sugar per serving (grams)	Sugar per serving (teaspoons)
Soda	20 oz	240	64 g	16 tsp
Sweetened tea drink	16 oz	220	52 g	13 tsp
Sports drink	20 oz	140	36 g	9 tsp
Energy drink	16 oz	200	54 g	13.5 tsp
Sweetened coffee drink	16 oz	380	48 g	12 tsp
Water	Unlimited	0	0 g	0 tsp

Healthy Drink Choices

Instead of sugary drinks, try another refreshing thirst-quencher:

- Add a slice of orange, lemon, lime, or cucumber to your water for a boost of flavor.
- Mix sparkling water with a splash of your favorite fruit juice.
- Mix in just a bit of pomegranate or cranberry juice and lime in your unsweetened iced tea, or add cut-up peaches and fresh mint sprigs if you like it sweetened.
- Drink a glass of nonfat or 1 percent milk.

Article courtesy of Kaiser

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

Seasons Greetings

Safety Class Schedule

Office Safety/Back Safety

1/11/17 9:00-11:00 AM

Workplace Violence

12/8/16 9:00-11:00 AM

2/7/17 9:00-11:00 AM

Office Ergonomics

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

1/24/17 9:00-11:00 AM

Defensive Driving

2/23/17 9:00-11:30 AM

Hazard Communication

12/13/16 9:00-10:30 AM

2/16/17 9:00-10:30 AM

CPR and First Aid

12/9/16 8:30-4:00 PM

12/15/16 8:30-4:00 PM

1/13/17 8:30-4:00 PM

1/26/17 8:30-4:00 PM

2/9/17 8:30-4:00 PM

2/24/17 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.

Prevent Carbon Monoxide Poisoning

Carbon monoxide (CO) is an odorless gas that can be deadly and winter is the prime season for this "silent killer." According to the Consumer Product Safety Commission, around 170 people die annually in the US from carbon monoxide poisoning. What makes winter so deadly is that many household items, often those used to heat up the house or other buildings, can put out carbon monoxide.

The following are a few simple precautions that can help keep your family safe from carbon monoxide poisoning:

- First, if you do not have a carbon monoxide detector in your home, install one. Carbon monoxide detectors can save lives, but less than one-third of homes in the US have one installed.
- Next, if you have a detector, be sure to replace the batteries at least twice a year.
- Also, make sure that gas appliances have proper ventilation and have your water heater and heating system checked by a qualified technician on a yearly basis.
- Finally, it is not just in your home that you need to be careful. Be mindful while warming up your car on those cold days; never run a car or truck inside an enclosed garage.

By being proactive, you and your family will be able to have a safe and warm winter season.

-National Safety Counsel

-National Center for Environmental Health

-Consumer Product Safety Commission