



# The Risk Connection

VOLUME VI, ISSUE I

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Presented by Risk Management & Employee Benefits

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

## INSIDE THIS ISSUE:

Training	2
Depression and Exercise	2
Health & Wellness Fair	3

## Get Trained and Stay Safe!

We are all aware that County employees are required to work safely. Some of you may also know that Risk Management offers general safety classes free to employees! What you may not know is what classes are offered and which topics are covered. These classes were developed to assist County departments with maintaining a productive workforce and to mitigate potentially costly injuries.

We offer: **Back Safety** to minimize common back injuries by demonstrating proper lift-

ing techniques and discussion of awkward reaches to avoid; **Hazard Communication** which covers the safe handling of chemicals in the workplace; **Office Ergonomics** to emphasize the importance of setting up a workspace to avoid repetitive motion injuries; **Office Safety** which covers the hazards that can be found in an office environment and how to report potential hazards around the workplace; **Workplace Violence Prevention** to educate employees on different types of violent behaviors and how to handle them to

diffuse a potentially dangerous situation; and **Defensive Driving** to help experienced drivers focus on techniques that will make driving safer. We also offer **Fire Extinguisher Training** and **CPR & First Aid** for our designated emergency responders!

Simply go to the [Personnel Services - Risk Management](#) website to see the dates and times that courses are offered for this time of year, or contact the [Risk Management](#) email if you have any questions.

## AARLA Corporate Name Change

American All-Risk Loss Administrators, Inc. (AARLA) has changed its name to Risico Claims Management, Inc. (Risico). Three jointly owned companies, AARLA, KRM Risk Management Services, Inc. (KRM) and Total Managed Care, Inc. (TMC) are merging into a united corporate identity under the "Risico" banner to reflect its renewed commitment to deliver innovative insurance, claim and managed care solutions desired by employers and their employees.

They are rebranding the three companies to improve the presentation of their products and services to the Workers' Compensation market place. **All of the contacts, mailing addresses and phone numbers remain the same.**

Risico is an innovative, customer-driven company that provides claims management, managed care and insurance products to thousands of customers throughout California. They help employers and employees to success-

fully benefit from the Workers' Compensation system. Risico consists of experienced claims professionals for both public and private employers, working to get injured employees healthy, fit and back to work. They provide early intervention and medical management to ensure injured employees receive appropriate treatment, an expedited and sustained recovery, and a safe return to work.

## 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

10/15/15 9:00-11:00 AM

### Hazard Communication

10/21/15 9:00-10:30 AM

### Office Ergonomics

9/22/15 9:00-11:00 AM

10/7/15 9:00-11:00 AM

11/5/15 9:00-11:00 AM

### Back Safety

9/17/15 9:00-10:00 AM

11/4/15 9:00-10:00 AM

### Office Safety

9/3/15 9:00-10:30 AM

11/18/15 9:00-10:30 AM

### CPR and First Aid

9/24/15 8:30-4:00 PM

10/30/15 8:30-4:00 PM

11/19/15 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.

## Depression and Exercise



Exercising as little as three hours a week can have a profound effect on the symptoms of depression. Exercise releases endorphins, chemicals naturally produced in the body, which reduce the experience of pain and enhance a sense of well-being. Numerous studies have shown that a variety of exercises, such as weight training and aerobic exercise (exercise where you breathe hard and your heart beats faster) can improve mood. In some studies, regular and sustained exercise was found to be as effective as (and sometimes more effective than) psychotherapy and standard medications for treating certain individuals with symptoms of depression.

**Consult with your health care provider before starting an exercise program.** Your program should incorporate both strength training (such as lifting weights) and cardiovascular training (anything where your heart rate increases for an extended period). Always start slowly and progress gradually. Exercising 20–30 minutes a day, three times a week, is a good place to start. Gradually move up to the point where you can exercise for a full hour, three times a week, or 30 minutes six times a week. The goal is at least 3 total hours of exercise each week.

# SAVE THE DATE

FOR THE



## WEDNESDAY, OCTOBER 28, 2015

7:30 am — 2:00 pm

(County Plaza Building Ballroom)

This is your opportunity to obtain information from several different vendors all at one location. Plus, you will have a chance to experience free health and wellness screenings on-site.

**FREE** flu shots will be provided on a first come first serve basis!



Open Enrollment is scheduled to begin on Monday, October 26, 2015  
and will continue through Friday, November 13, 2015.

Be sure to stay tuned for more information!