



# The Risk Connection

SEPTEMBER 2016

## SAFETY WEEK SUCCESS!

**Presented by Risk Management & Employee Benefits**

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

The County of Fresno's first Safety Week was a success! Thank you to all who participated in the various activities. Over 800 employees took part in the daily activities and completed the survey at the end of the week, and nearly 300 employees attended the Safety Fair. Participants provided great ideas throughout the week that will help shape some of our safety efforts in the future. We look forward to making this an annual event. Congratulations to all 47 of the prize winners and thank you to our sponsors:

- Stammer, McKnight, Barnum and Bailey
- David Overstreet and Associates
- Weakley and Arendt
- McCormick Barstow
- Parker, Kern, Nard, and Wenzel
- Risico
- Jorgensen Co.
- CORE Business Interiors

Additionally, we received some awesome safety related drawings from employees' family members. It is important to understand that safety affects us outside of work as well as when we are on the job, so involving family in safety efforts is key. Here is a great submission from Jeannette Dominguez's son, Sonny :



Remember that safety is not simply a week, but is a culture, one in which we must continue to actively participate and grow, moving forward.

**SAFETY BY CHOICE, NOT BY CHANCE**

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# Opioid Use on the Rise

Opioids include pain killers prescribed by your doctor and illegal drugs such as heroin. Opioid overdose can occur when someone misuses these drugs. It should not occur when taken as directed by your doctor.

## Did you know?

- Since 1999, the number of prescription painkillers prescribed and sold in the U.S. has nearly quadrupled.<sup>1</sup>
- Opioid overdoses tripled between 2001 and 2013.<sup>2,3</sup>
- About 15 million people suffer from opioid dependence. But, only 10 percent who need treatment are getting it.<sup>4</sup>

Naloxone (brand name Narcan<sup>®</sup>) is an inexpensive medicine and may help. If administered early, it may reverse the effects of an opioid overdose. And, it can prevent deaths due to an overdose.

## You can reduce the risk

- Get help to quit and stay clean.
- Find out how to obtain naloxone for those likely to go through an opioid overdose.
- Receive support, resources and training.
- Learn when and how to use naloxone as a life-saving medicine.

## Help is available

Contact your healthcare provider if you have questions.

## Resources

- [Opioid overdose prevention toolkit](#)
- [Opioid overdose information](#)

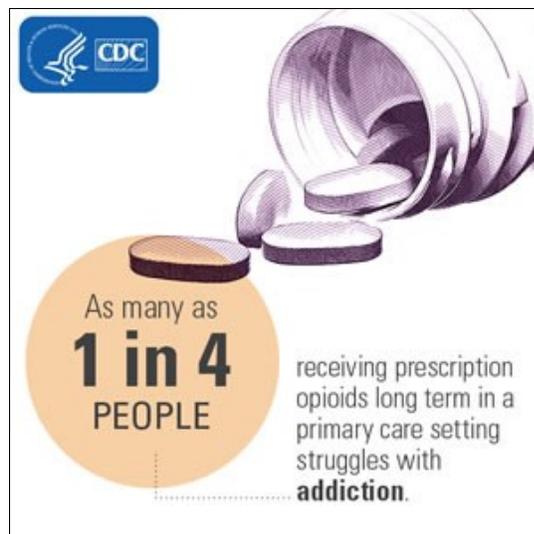
<sup>1</sup>Centers for Disease Control and Prevention (2015), <http://www.cdc.gov/drugoverdose/>

<sup>2</sup>Beletsky LB, Rich JD, Walley AY. Prevention of fatal opioid overdose. JAMA. 2012;308(18):1863-1864.

<sup>3</sup>National Institute on Drug Abuse, Overdose Death Rates, Revised February 2015, <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

<sup>4</sup>World Health Organization (November 2014), [http://www.who.int/substance\\_abuse/information-sheet/en/](http://www.who.int/substance_abuse/information-sheet/en/)

Click [here](#) for more information on the opioid epidemic from Dr. Bird, County Health Officer”.



## 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

## Air Quality Index

For anyone living or working in the Fresno County area, air quality is something that you hear about pretty frequently. The area is known to have air quality issues and with several fires burning in close proximity recently, it is only adding to the problem. But what should you know about the air quality? What is safe and what should you avoid? What are some potential health problems related to air quality?

The Environmental Protection Agency (EPA) has a system to measure the air quality, called the Air Quality Index (AQI). The AQI shows you the levels of health concern related to the current air quality. The risk for an individual is higher if they have any pre-existing conditions. Those most at risk include people with heart or lung disease, outdoor workers, children, and pregnant women. But even healthy individuals can be affected if the AQI is in the unhealthy ranges. The symptoms associated with exposure include nose, throat and eye irritation; coughing; shortness of breath; and chest tightness. Individuals with current health issues can also experience aggravated asthma or other respiratory issues, as well as aggravated cardiovascular issues.

No matter your current health, it is important to stay informed on the AQI in your area, and take appropriate measures to avoid unnecessary exposure. When the levels are unhealthy, avoid outdoor exercise or exertion and try to limit time spent outdoors as much as possible. Even when indoors, avoid having the windows open for a long period of time. You can always check current AQI levels on the [EPA website](#).

*-Information gathered from the EPA [airnow.gov](#), and [sparetheair.com](#)*

## Safety Class Schedule

### Hazard Communication

10/19/16 9:00-10:30 AM

### Defensive Driving

9/21/16 9:00-11:30 AM

11/2/16 9:00-11:30 AM

### Office Ergonomics

9/15/16 9:00-11:00 AM

10/5/16 9:00-11:00 AM

11/15/16 9:00-11:00 AM

### Workplace Violence

10/6/16 9:00-11:00 AM

### Office Safety/Back Safety

9/29/16 9:00-11:00 AM

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

### CPR and First Aid

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

9/23/16 8:30-4:00 PM

10/14/16 8:30-4:00 PM

10/20/16 8:30-4:00 PM

11/4/16 8:30-4:00 PM

11/17/16 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.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health warnings of emergency conditions. The entire population is more likely to be affected.
Hazardous	301 to 500	Health alert: everyone may experience more serious health effects.