



The Risk Connection

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JUNE 2014

Presented by Risk Management & Employee Benefits

- News You Can Use
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- Benefits Information
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National Safety Month



Each June, the National Safety Council celebrates National Safety Month as a time to bring attention to key safety issues. Please join the Council and thousands of organizations across the country in reducing the risks of the following safety issues:

- Week 1:** Prevent prescription drug abuse
- Week 2:** Stop slips, trips and falls
- Week 3:** Be aware of your surroundings.
- Week 4:** Put an end to distracted driving

Bonus week: Summer safety

The 2014 National Safety Month theme, "**Safety: It takes all of us,**" was inspired by the idea of continuous risk reduction – a key pillar in the Journey to Safety Excellence. A successful safety program depends on spotting hazards early, evaluating their risk and removing or controlling them before harm is done. Use this June to find creative ways to engage everyone in reducing risk in your

workplaces. A little effort today has the potential to prevent tragedy tomorrow.

The National Safety Council has designed a variety of free resources to engage everyone in safety activities throughout the month of June. To access the materials go to www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx.

From the National Safety Council

Know Your A, B, C, D and E of Skin Cancer

May was Melanoma/ Skin Cancer Detection and Prevention Month. To increase your chance of spotting skin cancer early, the American Academy of Dermatology (AAD) recommends you know your ABC's of skin cancer.

- A–** is for **Asymmetry**: One half of the mole does not match the other half.
- B–** is for **Border** irregularity: The edges are ragged,

- notched or blurred.
- C–** is for **Color** that varies from one area to another.
- D–** is for **Diameter**: While melanomas are usually greater than 6 mm (the size of a pencil eraser) when diagnosed, they can be smaller.
- E–** is for **Evolving**: A mole or skin lesion that looks different from the rest or is changing in size, shape and color.



To learn more about how to spot skin cancer, check out the AAD's website at SpotSkinCancer.org.

Source: aad.org

WELLNESS- IT'S ALL ABOUT YOU

Introducing the new Health and Wellness banner on e-Services! Employees can access this area to find out what the newest efforts are, including:

- Health screenings and coaching
- Free webinars regarding such topics as physical activity and healthy cooking
- Healthy living tips and toolkits
- Current or upcoming activities such as the Walking Works Challenge held last month

Check back periodically as offerings are subject to change. If there are any questions about the program or ideas for future wellness events, please contact us at wellness@co.fresno.ca.us.

Health and Wellness



Current Activity:
Health Screenings

Don't Miss Out!

Safe Lifting Tips

Safe lifting is always important. If you've ever "thrown out" your back while doing a seemingly simple task such as lifting a piece of furniture or a box of files then you know firsthand the importance of safe lifting. Safe lifting means keeping your back aligned while you lift, maintaining your center of balance, and letting the strong muscles in your legs do the actual lifting. By following these simple tips you can learn to lift safely and save your back from accidental strain and injury.



- Test the weight before you lift by pushing the object lightly with your hands or feet.
- Tuck your pelvis to help your back stay in balance while you lift.
- Bend at your knees to let the muscles in your legs do the lifting, not your back.
- Hold the object as close to your body as possible as you straighten your legs.
- Try to have one foot next to the object and one slightly behind the object and use an up/down motion similar to an elevator.
- Avoid twisting which can overload your spine.
- Make sure your feet, knees, and torso are pointing in the same direction when lifting.
- Make sure your footing is firm and your path is clear.
- Never block your vision when lifting/carrying objects.
- Use gloves when handling rough, heavy or oddly-shaped items.
- Be sure you have a tight grip on the object before you lift it.
- Use a slow, steady force as jerky movements can strain your back.
- Get help when lifting heavy objects. Use a dolly or forklift if you can.

Workers' Comp Medical Assistant Program

There is a new service available for workers' compensation claimants called the Medical Access Assistant (MAA). The service is available through our Medical Provider Network (MPN). The primary duties of the MAA are to assist injured employees in finding a medical provider within our MPN and scheduling appointments. This service is available Monday through Saturday

from 7 AM to 8 PM and scheduling will occur during our providers' normal business hours. County employees who are injured on the job are given a list of clinics to choose from for their initial medical treatment. These clinics are all in the County's MPN. The MAA service can be utilized after an employee's initial visit when assistance is needed. The MAA cannot authorize



treatment and does not hold the same duties as the claims adjuster. The toll free number for the MAA is (866) 272-6903 or email AARLAMAA@snp-plus.com.

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

To access previous copies of The Risk Connection please see the Risk Management website, Reports and Resources.

Safety Class Schedule

Supervisor Safety

6/5/14 8:00-12:00 PM

8/28/14 8:00-12:00 PM

Workplace Violence

6/4/14 9:00-11:00 AM

8/13/14 9:00-11:00 AM

Hazard Communication

7/24/14 9:00-11:00 AM

Office Ergonomics

7/16/14 9:00-11:00 AM

8/7/14 9:00-11:00 AM

Back Safety

7/10/14 9:00-11:00 AM

Office Safety

7/15/14 9:00-11:00 AM

CPR and First Aid

6/6/14 8:30-4:00 PM

6/19/14 8:30-4:00 PM

6/27/14 8:30-4:00 PM

7/18/14 8:30-4:00 PM

7/25/14 8:30-4:00 PM

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

8/15/14 8:30-4:00 PM

8/22/14 8:30-4:00 PM

8/29/14 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.

The Safety Corner By Devon Benbrook, County Safety Officer

It's Sunscreen Time! Are You Using the Correct Type and Quantity?

It is estimated that 1 in 5 Americans will be diagnosed with skin cancer in the course of their lifetime and one person dies from melanoma– the deadliest form of skin cancer– every hour! So do I have your attention now? Oh! Good! The American Academy of Dermatology (AAD) (aad.org) recommends that consumers choose sun screens that:

- Have a Sun Protection Factor (SPF) of 30 or higher.
- The sunscreen is broad spectrum, meaning that it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays. Both can cause skin cancer.
- The sunscreen is water resistant for up to 40 to 80 minutes. Sunscreen can no longer claim to be waterproof or sweat-proof after this point.



MAKE SURE YOU USE ENOUGH! Most people only apply ¼ of what the manufacturer recommends! AAD recommends that one ounce (think a shot glass full) be considered to cover exposed areas of the body. Apply sunscreen before going outdoors. It takes roughly 15 minutes for your skin to absorb it. Reapply every two hours to remain protected or after swimming or excessive sweating.