



WORKING WELLNESS

Good Health is Good Business

JUNE 2012

is...

Cataract Awareness Month

National Aphasia Awareness Month

National Safety Month

with...

Men's Health Week

National Cancer Survivor's Day

World Sickle Cell Day

And more!

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at

www.healthfinder.gov/nho.



Drug Drop Program

An Environmentally Friendly Way to Dispose of Medications

If you're interested in keepin' it 'green', the Sheriff's Office will accept any and all old or outdated medications, anytime.

Proper disposal of prescription and over the counter medications is important. Flushing them down the toilet or sink can introduce dangerous and environmentally damaging substances into the water system; throwing them away in the trash can also introduce them into the environment, and runs the risk of them winding up in the wrong hands. The medications collected by the Sheriff's Office are burned by personnel, in the Sheriff's Burn Unit, who hold a special license to burn narcotics.



County-wide, citizens may bring no-longer-needed prescription drugs and other medications in for disposal, or call and someone will pick the medications up for disposal:

- In the Lower Keys, citizens can drop off medications at the Freeman Substation on Cudjoe Key Monday-Friday 8 AM – 5 PM or call 305-745-3184 for pickup.
- In the Middle Keys, the Marathon Substation will accept any medications Monday-Friday 8 AM – 5 PM For pickup, call 305-289-2430 during office hours.
- In the Upper Keys, medications will be accepted at the Plantation Key Substation Monday- Friday from 8 AM -5 PM or at the Murray Nelson building in Key Largo on Wednesdays between 8 AM – 5 PM. For pickup, call 305-853-3211 during office hours.

MCSO cautions people who are going to bring their medications in themselves to make sure and keep prescriptions in the prescription bottle to show proof the prescription is legitimately theirs. Technically, it is illegal to carry prescription medications around without proof it is prescribed to you. People who call to have medications picked up can do so with no questions asked.



The above information is courtesy of the Monroe County Sheriff's Office. You can read more about this program at www.keysso.net/specialevents/events.htm.



Please note: The Sheriff's Office will not accept medications from commercial establishments. This includes hospitals and pharmacies.

Making Time for Me: Finding Work-Life Balance

This webinar presentation provides an overview of how an imbalance between work and home life can negatively affect all areas of your life. We'll then take some time to review simple and effective techniques to improve upon your work-life balance.

June 21st
1:00PM – 2:00PM

Register at:
www.horizoncarelink.com

Login: MCBOCC
Password: MCBOCC

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

No Substitute for a Well Stocked Kit

In addition to smoke detectors and fire extinguishers, a well stocked **First Aid Kit** should be a **standard item** in everyone's home.

First Aid Kits are especially **important after a storm** due to the increased risk of injury during clean up of debris.

And, the availability of **emergency help may be limited**.

There are **fully stocked** survival kits available at local retailers with their camping supplies.

Or, you can **stock your own** supplies in a watertight container.

Minimum **contents** should include:

Band-aids of assorted sizes, 3-inch gauze pads, adhesive cloth tape, roller bandage, triangle bandage, absorbent compress, gloves, anti-

septic wipes, antibiotic ointment, scissors & tweezers.

Also consider pain relief medication, allergy medication, rubbing alcohol, hydrogen peroxide, burn ointment and antacid tablets.



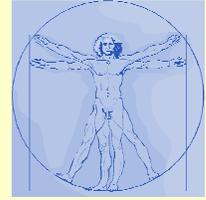
These articles appear courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and were selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. Future EMI newsletters, or some archived newsletters can be viewed at:

www.emi-tpa.com/services/safety-matters.html

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

SPOTLIGHT OF THE MONTH: Wellness Website

www.MedicineNet.com



“MedicineNet.com is an online, healthcare media publishing company.” Their slogan is “We Bring Doctors’ Knowledge to You”. It’s not just about medication it’s about medicine. “It provides easy-to-read, in-depth, authoritative medical information for consumers via its robust, user-friendly, interactive website.”

A word from the Safety Officer...

June is National Safety Month. Sponsored by the National Safety Council, this year the focus is on the following four areas: Employee Wellness, Ergonomics, Preventing Slips, Trips and Falls and Driving Safety. For more information on these topics please visit www.nsc.org.

With the rapid rise in temperature and humidity recently, the Monroe County Safety Office would like to remind all Supervisors and employees of a few tips to help recognize symptoms of **Heat Stress**.

Heat Exhaustion:

Heavy sweating and extreme weakness.
Dizziness and Nausea.
Muscle cramps, shallow breathing and elevated temperature.

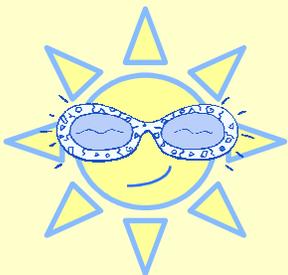
Heat Stroke: (life threatening)

Hot, Dry skin or Profuse Sweating
Hallucinations
Chills, throbbing headache

Prevention Tips for Outside Workers and Supervisors:

- Maintain an adequate supply of fresh water – on average- each worker should consume 1 quart per hour (2 gallons per day) to stay hydrated.
- Allow workers additional time for them to become acclimated to the rising heat and humidity levels.
- Provide a shaded area for breaks – to be used as often as necessary-at least 5 minutes in duration.
- Advise workers to use the “Buddy System” to monitor each other for potential symptoms of Heat Stress.

Thank You for Supporting the Monroe County Safety Program!



Stay Cool.....Hydrate!