



WORKING WELLNESS

Good Health is Good Business

SEPTEMBER 2012

is...

Childhood
Cancer
Awareness
Month

Health Aging
Month

National
Childhood
Obesity
Awareness
Month

Leukemia &
Lymphoma
Awareness
Month

National
Cholesterol
Education
Month

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

EAP *The Employee Assistance Program*

The EAP is a short-term counseling program which provides *confidential, no cost* professional assistance to help employees and their families resolve problems that adversely affect their personal lives. If you would like to make an arrangement to speak to a counselor, you should contact Horizon Health at 1-800-272-7252.

The EAP website also offers links and information on topics, such as, family, health, and managing time. To visit the website, go to www.horizoncarelink.com and type in MCB OCC as your Login and Password. A link to their Legal and Financial Resource Center webpage is also provided.

SPOTLIGHT OF THE MONTH: EAP Webinar

The Many Faces of Loss: Healing Through Grief

“Everyone experiences losses. Just to name a few, losses could include lost jobs, divorces, miscarriages, relocations and deaths. Attend this webinar to learn about the grieving process, its purposes and its challenges.

- Understand the purpose of grief
- Explore different types of grieving
- Learn strategies for taking care of yourself while you grieve”

October 4th
3:00PM – 4:00PM

Register at:
www.horizoncarelink.com

Login: MCB OCC
Password: MCB OCC

SPOTLIGHT OF THE MONTH: Wellness Website

Check it out! Below are some informative websites regarding vaccinations:

www.CDC.Gov/Vaccines

www.NVIC.Org

www.Vaccines.Org



A word from the Safety Officer...

This information is brought to you by the BOCC's Safety Officer, Mark Gongre.

The Safety Office has recently reviewed data regarding reported Accident / Incident Investigation Report for a 12 month period from June 1, 2011 through May 31, 2012. During this time frame, there were 110 total Accident / Incident Investigation Reports involving County employees. The most frequently reported incidents were as follows.



Accident / Incident (Injury) Type	Total Reported	% of Total
Strain / Sprain Injury	41	37%
Driving	24	22%
Combat (Law Enforcement)	12	11%
Other Injury	10	9%
Slip / Fall	6	5%

The majority of the Strain / Sprain injuries involved lifting. In response: *Practice good ergonomics and ask for help with heavy or repetitive loads.*

In response to the Driving incidents: *Always drive defensively and expect the unexpected. Always perform a 'walk around' before backing and use a spotter for vehicles with limited visibility.*

Stay Safe!



www.EnvisionRx.com

EnvisionRxOptions has a new look to their website. Check it out at www.EnvisionRx.com!

COMP CORNER

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



Don't Get Nailed

Nail guns are powerful, easy to operate, and boost productivity for nailing tasks.

They are also responsible for an estimated **37,000 emergency room visits** each year.

Safe operation rules:

Never bypass or disable nail gun safety features.

This includes removing the spring from the safety-contact

tip and/or tying down, taping or otherwise securing the trigger so it does not need to be pressed.

Tampering increases the chance that the nail gun will fire unintentionally both for the current user and anyone else who may use the nail gun.

There is **NO** legitimate reason to modify or disable a nail gun safety device.

Keep fingers off the trigger when holding or carrying a nail gun.

Never lower the nail gun from above or drag the tool by the hose.

If the nail-gun hose gets caught on something, **don't pull** on the hose; go find the problem and release the hose.

Never use the nail gun with the non-dominant hand.

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.