



WORKING WELLNESS

Good Health is Good Business

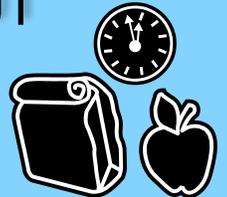
AUGUST 2013

is...

Children's Eye
Health and Safety
Month

MIDDLE & UPPER KEYS LUNCH & LEARN !

**WHAT: FREE LUNCH and LEARN ABOUT
EXERCISE AND NUTRITION**



WHO: FLORIDA BLUE & MCBOCC

**WHEN: SEPTEMBER 4th & 5th
12:15 & 1:15pm**

National
Immunization
Awareness Month

**WHERE: MARATHON GOVT CENTER SEPT. 4TH
NELSON GOVT CENTER SEPT. 5TH**

with...

REGISTER TODAY AT:

<https://pickatime.com/client?ven=11608057&event=248939>

World
Breastfeeding
Week

KEY WEST LUNCH & LEAN A GREAT SUCCESS!

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

www.healthfinder.gov/nho

- 47 People in Key West attended the first 'Lunch and Learn' (L&L) event sponsored by the Florida Blue and the MCBOCC.
- Participants learned some easy ways to increase physical activity and reduce calories from the Nutrition and Exercise presentation. They also enjoyed tasting different food combinations in their lunch boxes. The delicious and healthy lunch was provided by **Help Yourself Cafe**.



- **Robin Henderson** - KW Library and **Joyce Griffin** - Supervisor of Elections each won a **FREE weeks membership** at Paradise Health and Fitness!!! All participants of the L&L were offered a 50% discount gym membership for a year at Paradise Health and Fitness!
- A Special "Thank You" to **Help Yourself Café** for a delicious lunch and **Paradise Health and Fitness** for supporting our Wellness Program!

SPOTLIGHT OF THE MONTH: HEALTHY EATING

PLACES IN MONROE COUNTY TO ENJOY A HEALTHY LUNCH!

Help Yourself in Key West

<http://www.helpyourselffoods.com/>

Sugar Apple in Key West

<http://www.sugarapplekeywest.com/>

Good Food Conspiracy in Big Pine

[http://www.goodfoodconspiracy.com/
Home.php](http://www.goodfoodconspiracy.com/Home.php)

Food for Thought in Marathon

<http://www.foodforthoughtflkeys.com/>

Eco Eats in Key Largo

<http://ecoeats.net/>

**Did you know there is also a
organic buying club in the Keys?**

**You can get FRESH PRODUCE
delivered to a convenient location
near you!**



Check it out:

<http://www.anniesbuyingclub.com/>



SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



AUGUST 7 @ 3pm- How to say “no” : An important life skill

AUGUST 14 @ 3pm- Change: How to Adapt, Cope & Respond

AUGUST 22 @ 3pm- Building Self-Esteem in Children

AUGUST 27 @ 3pm- Communicating with Teens



Available 24/7 @ **1-800-272-7252**

Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC



COMP CORNER

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

INJURY REPORTING

Once again, we are having to address the timely filing of reports to the Workers Compensation Office.

All required reports must be submitted to the Workers Compensation Office **within 24 hours** of the incident. Faxed or emailed copies are fine for initial contact/treatment.

However, we must have the **originals** with all required signatures within that **7 days**. The Florida Division of Workers Compensation requires that all reports be submitted within 7 days of the injury.

If you have any questions please feel free to contact **Tammy Sweeting** in our Workers Compensation office **305-292-4507**.

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.

A word from the Safety Officer

Uplifting Safety

Aerial lifts are vehicle-mounted, boom-supported aerial platforms, such as **cherry pickers or bucket trucks**, used to access utility lines and other above ground job-sites.

Major causes of fatalities: falls, electrocutions, and collapses or tip-overs.

Safe Work Practices

Make sure that workers who operate aerial lifts are **properly trained**.

Never override hydraulic, mechanical, or electrical safety devices.

Maintain and operate elevating work platforms according to the manufacturer's instructions.

Never move the equipment with workers in an elevated platform unless this is permitted by the manufacturer.

Do not allow workers to position themselves **between** overhead hazards, such as joists and beams, and the rails of the basket.

Maintain a minimum clearance of at least 10 feet, or 3 meters, away from the nearest energized overhead lines.

Always treat power lines and wires as if they are **energized**, even if they are down or appear to be insulated.

Always use a body **harness** or restraining belt with a lanyard attached to the basket.

Set the **brakes** and use wheel **chocks** when on an incline.

Use outriggers, if provided.

Do not exceed the load limits of the equipment. Allow for the combined weight of the worker, tools and all materials.