



# WORKING WELLNESS

Good Health is Good Business

JUNE  
2016

is...

## BLUE 365

**BLUE 365 DISCOUNTS** are available to you through your Florida Blue insurance coverage. They offer many discounts on health, fitness and personal care items!

**Gym memberships for only \$25 a month!** Visit the website below to locate the facilities nearest you:

<https://fitnessyourway.healthways.com/heshome.aspx?planid=B CBSFL>

**START SAVING TODAY!!!**

**Register at:** <https://www.blue365deals.com/node>

**SIGN UP FOR NO-FUSS EMAILS:**

Be the first to know about the latest deals to hit Blue365. One email a week, no spam. Simple as that.

**TWO WAYS TO SAVE:**

Savings are just a few clicks away. Some deals will give you a coupon right on the spot. Others will take you directly to their partner websites where you can apply coupons to your purchases – and start saving immediately.

Some deals will give you a coupon instantly on the Blue365 site. A unique code found on the coupon can be applied directly to a purchase on a vendor's website. These coupons will provide a discounted option on a product or service.

Other deals may take you to a vendor's website to make a discounted purchase or enroll in a special discounted program instantly.

National Safety  
Month

With

Men's Health  
Week

National  
Cancer  
Survivor's Day

World Sickle  
Cell Day

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at <http://healthfinder.gov/NHO/nho.aspx>



Corner

Check out Envision Rx's website. You can find the claim reimbursement form, new drug approvals, their newsletter, you can also register yourself to gain easy access to many personalized benefits, etc.

<https://www.envisionrx.com/index.aspx>



## SPOTLIGHT OF THE MONTH: LUNCH & LEARNS

Last chance to register for one of the Lunch and Learns!

Boosting Brain Health from 11am – 12pm

AND

Deskercise from 1pm – 2pm



### When & Where:

June 21, 2016 - Murray E. Nelson Gov't Center - Key Largo

June 22, 2016 - Harvey Gov't Center - Key West

June 23, 2016 - Marathon Gov't Center – Marathon

**\*PICK-A-TIME:** <https://pickatime.com/client?ven=11608057>

REGISTRATION DEADLINE is TOMORROW, JUNE 8th  
CANCELLATION DEADLINE is FRIDAY, JUNE 10th

## EAP (EMPLOYEE ASSISTANCE PROGRAM)

### EAP WORKSHOPS NEXT MONTH!

#### *A New Perspective of Leading Change*

Help others with what they hate \* Help others do what they cannot \*  
Provide successful encouragement \* Change structural motivation and ability.

July 12<sup>th</sup> - KEY LARGO

July 13<sup>th</sup> - MARATHON

July 14<sup>th</sup> - KEY WEST

Supervisory Sessions Daily: 9:00 a.m. & 2:00 p.m.

Employee Sessions Daily: 10:30 a.m. & Noon

RSVP by email: [maddox-natalie@monroecounty-fl.gov](mailto:maddox-natalie@monroecounty-fl.gov)

CHECK OUT QUANTUMS MONTHLY NEWSLETTER: <http://www.accessqhs.com/#!/balanced-living/c13v6>

Available 24/7 @ 1-877-747-1200

Or



Check out their website

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



The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short term counseling. Quantum offers you a highly personalized, tailored approach to each situation.

# COMP CORNER

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

**“There’s no excuse for not following safe procedures or wearing Personal Protective Equipment”**

## Excuses, Excuses

What excuse have you used or heard for not following safe procedures or wearing PPE?

Here are some of our favorites:

- “I left my safety glasses in the truck. I’m almost done anyway.”
- “It’s too hot to wear that PPE. I’ll be busy thinking about trying to cool off and then I’ll get hurt.”

- “We never have any major injuries. You have to expect the minor ones.”
- “I know what I’m doing. I’ve been doing this for years and never had a problem.”
- “We don’t have time for all that. We need to get the job done.”
- “The way we do it is not that dangerous.”

- “No, I didn’t check. I’m sure it’s locked out. Besides, everyone gets a little shock once in a while.”
- “I’ll follow the safety procedures when everyone else does.”

And, our favorite excuse of all:

- **“It’s part of the job.”**  
What’s your excuse?



**If you need assistance with W/C please contact Meri-De Mercado @ (305) 292-4451.**

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://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

### Fire Extinguisher Use - Remember P.A.S.S.

**PULL** – Pull the pin on the extinguisher

**AIM** - Aim the hose nozzle low at the base of the fire

**SQUEEZE** - Squeeze the handle to release the extinguishing agent.

**SWEEP** - Sweep the nozzle from side to side at the base of the flames until extinguished.

### FIRE! What do I do?

Always sound the FIRE ALARM and **call 911** immediately, regardless of the size of the fire.

Notify your coworkers and evacuate the building.

**Stay Out of the Elevators** – and proceed to your meeting area.

### Fighting a Small Fire with an Extinguisher

Before approaching the fire, determine an evacuation route safe of flames, excessive smoke and heat.

DO NOT allow this route to become blocked.

Use the PASS technique for discharging the extinguisher and back away if the fire flares up again.

If the extinguisher is empty and the fire is not out, evacuate immediately.

### EVACUATE:

If the fire is too large, is hidden behind a wall or ceiling, or cannot be reached from a standing position.

If the air is unsafe to breathe.

If potential evacuation paths are becoming impaired.

