



# WORKING WELLNESS

*Good Health is Good Business*

JUNE 2011

*is...*

Cataract  
Awareness Month

Home Safety  
Month

National Aphasia  
Awareness Month

National Aphasia  
Awareness Month

National  
Scleroderma  
Awareness Month

*with...*

National Rip  
Current  
Awareness Week

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](http://www.healthfinder.gov/nho).

## Free Diabetes Workshop



Learn how to manage your diabetes. As advertised in the Key West Citizen on May 12, 2011, a free workshop is being offered every Monday through June 30, 2011. The workshops will be from 10:00 AM – 12:30 PM and are located in Key West at 1200 Kennedy Drive at DePoo Hospital.

“A variety of subjects will be covered such as health eating, physical activity, meal planning, reading and understanding nutrition labels, relaxation, stress management, symptoms of low blood sugar, medication, foot care, and much more.”

The workshop series was developed by Stanford University and is recommended by the Surgeon General. A \$20.00 deposit may be required for materials but will be refunded at the end of the workshop series.

To register, call Jeanne Somma RN at (305) 743-7111 extension 208. Hurry! Space is limited and may have already been filled!



Free glucose monitors are still being offered by WHI and are available to all participants of the Monroe County Group Health Plan.

Check out the pamphlet with all the information at (type in your internet browser's address bar):

<http://fl-monroecounty.civicplus.com/DocumentView.aspx?DID=545>



The following webinar was offered in May 2011, but met its registration limit early. Therefore the webinar is being offered again.

## Breathing Your Way to Less Stress and Better Health

“Lower your stress, breathe away anxiety and be a calmer, healthier you ... all by breathing!”

June 14<sup>th</sup> at 1:00PM – 2:00PM

Register at: [www.horizoncarelink.com](http://www.horizoncarelink.com)

Login: MCBOCC / Password: MCBOCC

## SPOTLIGHT OF THE MONTH: Wellness Website

[www.MensHealthMonth.org](http://www.MensHealthMonth.org)

June is Men’s Health Month! Check it out! “The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.”



[www.NCSD.org](http://www.NCSD.org)

June 5<sup>th</sup> is National Cancer Survivors Day<sup>®</sup>

“National Cancer Survivors Day<sup>®</sup> is an annual, treasured worldwide Celebration of Life”.

“The non-profit National Cancer Survivors Day Foundation supports hundreds of hospitals, support groups, and other cancer-related organizations.”



# COMP CORNER

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

This article appears courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and was selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. This newsletter, future newsletters, or archived newsletters can be viewed at:

[www.emi-tpa.com/services/safety-matters.html](http://www.emi-tpa.com/services/safety-matters.html)



## Simple Steps For Safety

Ladders are a safe and useful tool, unless you are using one like the worker in the picture to the left.

### Remember some simple rules for safe ladder use:

- Never carry any items by hand when climbing.
- Only place ladders on the ground or floor.

- Make sure the ladder is set up on a cleared, level, stable surface.
- Always face the rungs with belt buckle between the side rails when on the ladder.
- Do not overreach. Climb down and move the ladder.

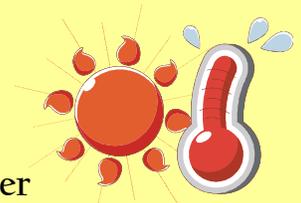
**AND,** Always, always, always use the

### “Three Point Climb”

method.

**Either two hands and one foot, or, two feet and one hand must be in contact with the ladder at all times when climbing either up or down.**

In the May 2011 edition of *Safety Matters*, there were two articles regarding the danger of the rising temperatures that come with the summer season. *Heat Danger Zones* contains information about the heat index, and temperature vs. humidity. It also includes information on the risks of heat illnesses. *Symptoms and Treatment of Heat Illnesses* explains the symptoms related to the different heat illnesses and the first aid that should be applied.



So be smart and check out the May 2011 edition of *Safety Matters* at:

[www.emi-tpa.com/services/safety-matters.html](http://www.emi-tpa.com/services/safety-matters.html)

Or use the direct link at: [www.emi-tpa.com/images/pdf/safetymattersmay.pdf](http://www.emi-tpa.com/images/pdf/safetymattersmay.pdf)