



WORKING WELLNESS

Good Health is Good Business

AUGUST 2011

is...

Children's Eye Health and Safety Month

National Immunization Awareness Month

with...

World Breastfeeding Week

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

Back to School!



If you have kids then you can understand the stress that comes with starting school. The night before and the morning of become times when a careful orchestration of processes are essential to a harmonious day.

There are resources out there to assist you in stressful times like these. At www.Apples4fortheTeacher.com, you can find articles like:

- A Stress Free Morning Routine for Back to School
- Charts for Bedtime and Morning Routines
- How Much Sleep Does Your Child Really Need
- Motivating Your Child to Care About School
- The Homework Routine That Works
- Bedtime Routine to Give Your Kids a Chance to Tell You About Their School Day

There's a whole lot more at this website. Check it out! Go to:

<http://www.apples4theteacher.com/holidays/back-to-school/articles/>

School starts on Monday, August 22nd, in Monroe County. For more information on school start times, bus routes, or the school calendar go to:

<http://keysschools.schoolfusion.us/>



CORNER

If your child takes medication and needs to take it during school hours, you should contact your child's school or their clinic to find out what is required in order to get your child their medication.

SPOTLIGHT OF THE MONTH: EAP Webinar

Sticks and stones: Bully-proofing your child

“Join this webinar to understand bullying and its effects on your child. Find out how to recognize if your child is being bullied or bullying others and learn what you can do about bullying.”



August 30th at 3:00PM – 4:00PM

Register at: www.horizoncarelink.com

Login: MCBOCC / Password: MCBOCC

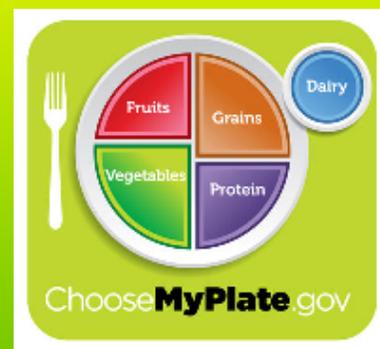
SPOTLIGHT OF THE MONTH: Wellness Website

www.ChooseMyPlate.gov/Kids

ChooseMyPlate.gov has pages that deal with specific audiences, such as kids.

This website has interactive material designed specifically with children in mind.

Parents should also look for links that would help them understand their child’s nutritional needs.



As the new school year approaches, we encourage you to search for resources that will help you prepare a healthy school lunch for your child.

Consult your child’s doctor regarding proper nutrition intake for your child and look online to find good tips to make that healthy lunch happen.

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 some archived newsletters can be viewed at:

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

Buckets of Fun

Bucket trucks are frequently used for a wide variety of uses, including maintenance, repair, painting and rescue procedures.

Important ways to **prevent fatalities and injuries** when using bucket trucks include:

- Having a qualified and competent person train employees on the operation of lifts and the hazards they pose;
- Make sure the outriggers are on solid ground

(especially in the rainy season);

- Always attaching chains and closing doors;
- Standing on the floor of the bucket, not climbing or leaning over the edges and not climbing out of the bucket;
- Not exceeding manufacturers' load-capacity limits;
- If working near traffic, putting up work-zone



warnings such as cones and signs;

- Not modifying any lift without written permission from the manufacturer;
- Providing proper fall protection equipment and ensuring it is used;
- Staying away from overhead power lines; and
- Ensuring operator controls are clearly marked and easy to use.

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.