

COUNTY CONNECTION

August, 2014

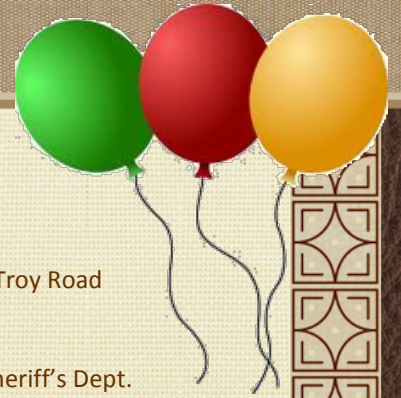
Montana Athletic Center

MAC offers numerous group exercises.
Check out the mac at
www.maclibby.com

So many candles...
So little cake.



HAPPY BIRTHDAY



David Kyriss.....4th.....Troy Road

Char Williamson.....8th.....Sheriff's Dept.

Jon Moe.....10th.....Libby Road

Stacy Walenter.....13th.....Troy Library

Brandon Holzer.....14th.....Sheriff's Dept.

Gary Mocko.....18th.....Eureka Road

Bonita Cook.....19th.....Eureka Justice Court

Brendan Miller.....25th.....Sheriff's Dept.

Lloyd Sidmore.....27th.....Troy Road

Birthday Pictures.

If you know someone whose birthday is coming up and you can get a picture of them. Grab it and email me at dshaw@libby.org

Lincoln County Human Resources
Dallas Shaw

SAFETY CORNER



SAFETY COMMITTEE MEMBERS

- Vic White, EMA, Chairman
- Robin Benson, Courthouse, Vice Chair
- Brenda Rebo, Annex, Record Keeper
- Ed Lindquist, Maintenance,
- Lisa Oedewaldt, EMA, Training Officer
- Jessica Vanderhoef, Sheriff
- Craig Schultz, Libby Road #1
- Rob Jorgensen, Eureka Road #3
- Deb Blystone, Planning
- Rick Ball, Library
- Dennis Day, Landfill
- Karmen McKinney, North Annex
- Terry Steiger, Troy Road #2
- Dick Wornham, Ambulance
- Patti Noble, District Court

Monthly Departmental Safety Meetings

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.

Statistics tell us that serious workplace injuries are far too common. In 2010, over 4,500 American workers were killed on the job while millions more suffer serious non-fatal injuries. "Every day in America, 12 people go to work and never come home." Every year, 3.3 million people suffer a workplace injury from which they may never recover. These are preventable tragedies that disable our workers, devastate our families, and damage our economy."

Here are the top 10 reported worker's compensation injuries as listed by top insurance companies around the country:

10. **On the Job violent Acts** - Attacks caused by office politics and other arguments have led to serious physical injuries.
9. **Repetitive Motion Injuries** - Repetitive motions such as typing and using the computer 24/7 can strain muscles and tendons causing back pain, vision problems, and carpal tunnel syndrome.
8. **Machine Entanglement** - Clothing, shoes, fingers and hair are by everyday equipment when no precaution is taken.
7. **Vehicle Accidents** - Employees who drive for business purposes are often injured in auto accidents, some of which can be fatal.
6. **Walking Into Injuries** - This happens when a person accidentally runs into concrete objects such as walls, doors, cabinets, glass windows, table, chairs etc. Head, knee, neck, and foot injuries are common results.
5. **Falling Object Injuries** - Objects that fall from shelves or dropped by another person can cause very serious injuries. Head injuries are a common result of this type of accident.
4. **Reaction Injuries** - These are injuries caused by slipping and tripping without falling. These incidents can cause muscle injuries, body trauma, and a variety of other medical issues.
3. **Falling from Heights** - This type of fall happens from an elevated area such as roofs, ladders, and stairways. They can be caused by slip and fall accidents or due to faulty equipment.
2. **Slipping/Tripping** - The number 2 cause of workplace injuries, this pertains to falls on wet and slippery floors or trips over something lying on the floor.
1. **Overexertion Injuries** - This includes injuries related to pulling, lifting, pushing, holding, carrying, and throwing activities at work. Overexertion not only consistently been the #1 workplace injury according but is also the most expensive. .

Healthy Corner



Men's Health & Safety at Work

Men can make their health a priority. Take action daily to live a healthier and productive life!!

Why focus on men's health at work? Research shows that men generally fare much worse than women when it comes to health, education and crime.

The reasons for these gender differences are complex, but in many cases, issues around social connectedness, capacity and willingness to seek help, and limited opportunities to get help through male-focused services and programs are contributing factors.

Men's core identity is often closely associated with their job, so work and work relationships play a very important role in the lives of working men.

Some industries, such as construction, manufacturing and transport, as well as some technical trades and professions, commonly have a high proportion of male employees. This makes these workplaces an ideal place to raise awareness of specific men's health issues, and gives these workplaces a chance to support their employees to improve their health and wellbeing.

The culture of a workplace can often dictate how comfortable men feel in discussing their health issues.

Many men use humor to disguise mental and physical health issues, so it's important to be aware of when to prompt for more information. Humor can be a great way to make men feel comfortable about engaging in health related conversations.

Over and over again, safe, stable and fulfilling work has been shown to a major contributor to our health. Conversely, lack of control over jobs, workplace hazards, stress and unemployment add up to poor health outcomes and lower life expectancy. Since work takes up most of our time and the potential for good health through good work is really clear.

MEN'S HEALTH TIPS:

Spending an average of 40 hours per week at work can be physically and mentally draining, but the workplace can also be unhealthy in other ways as well. Sitting or standing for long periods of time can cause pain and other adverse effects, and there can also be nutritional traps, such as vending machines, that could contribute to weight gain...

- Take a "true break" and don't surf the Web or play on your Blackberry. If you don't have an actual park, stroll along a quiet, calming street.
- After you take that stroll, spend some time cruising the web. Experts are now encouraging employers to lighten up when cracking down on workers' Internet access, thanks to a recent study.
- You need to take breaks every hour or two to get up and move. Delivering messages or packages to people in person is a great way to get in extra steps.

Certain ergonomic changes can really

make a difference:

- Sit close to the work station.
- Keep monitors at eye level.
- Keep the keyboard (or the steering wheel, if the job involves driving) at a level that doesn't require too much reaching and isn't too high or low.
- Sit with legs flexed at a 90-degree angle with feet resting comfortably on the floor.
- Lift objects with the legs and keep the object close to the body and toward the middle of the trunk

INFORMATION

July, 2013

VOL #1 ISSUE #7



The KVH's TracVision L2 Satellite TV System Wins RoadStar's "Most Valuable Product" Award for mobile satellite TV and is considered one of the most advanced land-mobile satellite tracking systems available today.

DIRECTV® and DISH Network™ systems transmit digital audio and video data from land-based transmitters to a satellite "parked" above the equator. Each satellite relays the signals in spot beams covering the continental United States.

TracVision L2/S2 automatically identifies, locks onto, and receives signals from the appropriate satellite. TracVision S2 is designed for stationary use only; TracVision L2 works while your vehicle is at rest *and in motion*.

Article: [RoadStar's MVP Article](#)

Asking \$1000.00

CONTACT:

LISA OEDEWALDT (EMA)
406-293-6295 (W)
406-334-0050 (C)
LOEDEWALDT@LIBBY.ORG



The Gazelle action resembles that of an elliptical machine. Both your legs and arms are in motion. You stand on suspended plates, one for each foot while moving arm levers back and forth.

Asking \$100.00

CONTACT:

LISA OEDEWALDT (EMA)
406-293-6295 (W)
406-334-0050 (C)
LOEDEWALDT@LIBBY.ORG



FOR SALE: \$11,000
2008 HD Street Bob 96 cc's. Has only 2,130 miles almost brand new. Comes with 2 sissy bars one is 105 anniversary. Has luggage, saddle bags, and original parts that are now chrome.

2 bike covers
LISA OEDEWALDT (EMA)
406-334-0050 (C)
LOEDEWALDT@LIBBY.ORG

Employee Assistance Program

Sapphire Resource Connection, Inc. provides short-term, confidential assessment and solution focused intervention services.

This service is available to you, the employee, and your defined family members at no out-of-pocket expense.

Visit www.sr-connection.com or 24 hour toll-free Help Line:
1-866-767-9511