

COUNTY CONNECTION

December, 2014

VOL 1 ISSUE 12

Montana Athletic Center

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

HAPPY BIRTHDAY

Kevien Cook.....3rd.....Eureka Refuse

Maury McKinney.....4th.....Sheriff's Dept.

Victor White.....6th.....EMA

James Winslow.....15th.....Troy Road Dept.

Judy Sixkiller.....16th.....Sheriff's Dept.

Jennifer Nelson.....17th.....Sanitarian

Stephen Bowers.....23rd.....Libby Refuse

Richard Blomdahl.....28th.....Troy Road Dept.

Leigh Riggelman...31st.....Clerk and Recorder's Office

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



VOL #1 ISSUE #12

Space Heaters

All heaters can cause fires. Gas and kerosene heaters can cause buildup of carbon monoxide and nitrogen dioxide in your home. High levels of carbon monoxide can be fatal. We recommend that you install both carbon monoxide and smoke detectors in your home.

Unvented Heaters Portable kerosene and unvented gas heaters release combustion products directly into your home. Overusing the heater or using an oversized heater can result in elevated levels of carbon monoxide or nitrogen dioxide fumes in the air. These fumes can cause cold or flu-like symptoms, headaches, and eye, nose and throat irritation. **Don't use these heaters as your main heat source, even during power failures.** Using these heaters for an extended period of time increases the buildup of combustion products. **Have these heaters inspected and serviced regularly.** Follow the manufacturer's advice about use and maintenance, but service the units at least once a year.

Portable Kerosene Heaters

- **Use ONLY grade K-1 kerosene.** K-2 (even if it looks as clear as K-1) has a higher sulfur content and is used for other purposes. **NEVER use gasoline.** It can explode!
- **Never add fuel to the heater when it is hot.** The fuel can ignite, burning you and your home.
- **Keep the heater away from things that can burn.**
- **Choose a heater carefully.** Don't choose a heater that is too large for the space you plan to heat. Choose one that won't tip easily and has a fuel gauge to prevent overfilling.
- **Check the wick weekly.** Clean it if it's dirty and replace it if it's worn.
- **Store kerosene outdoors, in a container used only for kerosene.**

Unvented Gas Heaters Unvented gas heaters do not use a chimney or vent. They are connected to the house fuel supply (natural gas or propane) and may be wall-mounted, free-standing or inserted in a fireplace. **Have the heater installed by a professional (such as your gas supplier).** ALL gas appliances should be professionally installed. **Don't buy an oversized heater (in terms of heat output).** Use the sizing guidelines posted where you buy the heater to choose the correct output. The room size not only determines heating needs, it also affects how much air is available to dilute the combustion products.

Vented Gas Heaters Vented gas heaters are similar to unvented gas heaters except they are connected to a chimney or other venting system. **These heaters must be connected to a chimney or other venting system | As with all gas appliances, have the heater installed by a professional | Check the chimney or flue each fall for any obstructions (such as birds' nests) and clean as needed | Use your heater in accordance with the manufacturer's instructions | Have the heater inspected and serviced at least once a year.**

Portable Electric Heaters

Don't use a portable electric heater in rooms with running water (such as a kitchen or bathroom) or in a damp basement, unless connected to ground-fault interrupter circuits. These circuits, also called GFI, automatically shut down when exposed to water or other shock hazards. **Keep the heater away from things that can burn, such as furniture, rugs or curtains.** Follow the manufacturer's advice about installation, placement and use. **Place heater level and on the floor so it won't tip over.** Make sure no nearby items can fall onto the heater and ignite. **Avoid using ungrounded wiring or extension cords.** Check plugs and wires periodically for fraying and overheating. Replace damaged cords or have a licensed electrical repair person make any repairs. Electrical tape is not always adequate.

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
- Roby Bowe, Sheriff
- Craig Schultz, Libby Road Crew
- Deb Blystone, Planning
- Rick Ball, Library
- Dennis Day, Landfill
- Karmen McKinney, North Annex
- Terry Steiger, Troy Road Crew
- 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.

Healthy Corner



Preventing Weight Gain

If you're currently at a healthy weight, you're already one step ahead of the game. To stay at a healthy weight, it's worth doing a little planning now. Or maybe you are overweight but aren't ready to lose weight yet. If this is the case, preventing further weight gain is a worthy goal.

As people age, their body composition gradually shifts — the proportion of muscle decreases and the proportion of fat increases. This shift slows their metabolism, making it easier to gain weight. In addition, some people become less physically active as they get older, increasing the risk of weight gain. The good news is that weight gain can be prevented by choosing a lifestyle that includes good eating habits and daily physical activity. By avoiding weight gain, you avoid higher risks of many chronic diseases, such as heart disease, stroke, type 2 diabetes, high blood pressure, osteoarthritis, and some forms of cancer.

Choosing an Eating Plan to Prevent Weight Gain

So, how do you choose a healthful eating plan that will enable you to maintain your current weight? The goal is to make a habit out of choosing foods that are nutritious and healthful. If your goal is to prevent weight gain, then you'll want to choose foods that supply you with the appropriate number of calories to maintain your weight. This number varies from person to person. It depends on many factors, including your height, weight, age, sex, and activity level.

Get Moving!

In addition to a healthy eating plan, an active lifestyle will help you maintain your weight. By choosing to add more physical activity to your day, you'll increase the amount of calories your body burns. This makes it more likely you'll maintain your weight. Although physical activity is an integral part of weight management, it's also a vital part of health in general. Regular physical activity can reduce your risk for many chronic diseases and it can help keep your body healthy and strong.

Self-monitoring

You may also find it helpful to weigh yourself on a regular basis. If you see a few pounds creeping on, take the time to examine your lifestyle. With these strategies, you make it more likely that you'll catch small weight gains more quickly.

Ask yourself—

- Has my activity level changed?
- Am I eating more than usual? You may find it helpful to keep a food diary for a few days to make you more aware of your eating choices.

If you ask yourself these questions and find that you've decreased your activity level or made some poor food choices, make a commitment to yourself to get back on track. Set some reasonable goals to help you get more physical activity and make better food choices.

Weight Loss Tips

Swear off fad diets: You know the kind: 'Give up carbs!' 'Give up fat!' 'Wait, no, now I'm taking pills!' None of them are manageable long-term—and they wreak havoc with your metabolism!

Be an 80/20 eater: Make 80 % of the food you eat healthy and take 20% of your daily calories and make them fun.

Get your sleep: Sleep is a cornerstone of weight management because of the impact it has on your hormones that control how you burn fat, how you store fat, and how you're maintaining muscle.

Diversify your workout: When you work multiple muscles at the same time, you're getting your cardiovascular exercise in while you strength-train.

Order wisely at restaurants: Order without looking at the menu. Almost every restaurant has the basics—veggies, grains, and protein

Travel with snacks: Pack small meals you can make in a hotel room

Eat citrus every day : Vitamin C inhibits the production of cortisol, a hormone that essentially tells your body, 'Store fat.' Eat grapefruit slices with breakfast."

Eat more turkey "Lean protein helps you stay fuller for longer; it has the amino acids that are the building blocks for muscle. Chicken and fish are good, too."

Drink plenty of water Hydration can curb hunger and boost your metabolism by up to 3 percent!

Say yes to dark chocolate It's got antioxidants. I can get away with calling it a health food, in moderation

Stand up! Stand whenever you can. Standing burns 1.5 times more calories than sitting. Stand when you're at the doctor's office, when you watch TV, even when you work at your computer

INFORMATION

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December

Thursday, December 25, Christmas Day

January

Thursday, January 1, New Year's Day

Courthouse Closed

Collecting all used ink cartridges for recycling for the Libby Christian School. You can set any used ink cartridges at my desk in the Treasurer's office.



REQUEST

If you have had a change in your mailing address, please let Diane or Dallas in the Human Resources Office know.

The H.R. Department needs the correct mailing address for W-2s.

Please contact Diane at 283-2311 or Dallas at 283-2312.

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