

COUNTY CONNECTION

July, 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



Ronald Higgins.....1st.....County Superintendent
Wendy Drake.....2nd.....Clerk and Recorder
Jay Sheffield.....2nd.....Justice Court Judge
Diane Davis.....4th.....H. R. Department
Robin Benson.....5th.....Clerk and Recorder
Ed Lindquist.....7th.....Maintenance
Clyde Ross.....11th.....Clerk and Recorder
Ron Downey.....14th.....Commissioner
Cheri Javorsky.....17th.....Motor Vehicle
Steve Cady.....18th.....Libby Road Dept.
Dennis Totten.....18th.....Eureka Road Dept.
Jeannie Dennis.....19th.....Clerk and Recorder
Nate Scofield.....19th.....Sheriff's Dept.
Terry Steiger.....22nd.....Troy Road Dept.
Kris Bowers.....23rd.....Sheriff's Dept.
Kathi Hooper.....25th.....Sanitarian
Bryan Alkire.....27th.....Libby Solid Waste
Bill Elliot.....27th.....Libby Road Dept.

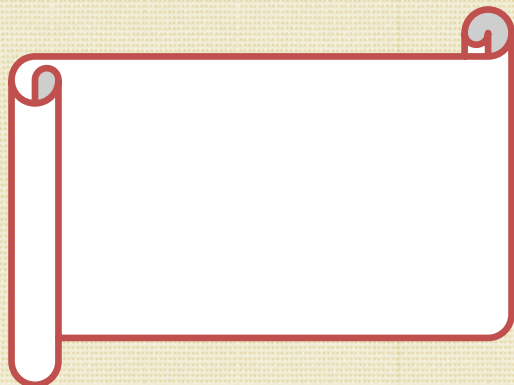
Birthday Pictures.

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

July, 2014



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.

The ABC's of AED's

To understand the importance of having AEDs in community and how they can save lives during a sudden cardiac arrest, please be sure to check out the helpful information listed below:

What is an AED?

According to the American Heart Association, an AED or Automated External Defibrillator is a computerized medical device that can check a person's heart rhythm and also detect if and when a person's heart rhythm will need a shock. An AED also advises the user when to administer a shock to the sudden cardiac arrest victim.

Importance of having a Fully-Functional, Accessible AED

It is important to have a fully-functional, well-charged AED in the event of a cardiac arrest emergency. Every second counts during a sudden cardiac arrest emergency. EMA monitors and maintains the County AED's It is also important to have your AED registered with your local EMS Agency.

The Do's and Don'ts When Using an AED

Do's

- Familiarize with the County emergency plan around the AED so that everyone within the organization or business has an assigned role or plan of action in the event of a sudden cardiac arrest
 - Know the locations
 - Don'ts
- Do not use an AED without having first received CPR/AED training. Do not keep your AED locked up or out of reach
 - Do not use an AED near water
- Do not touch the cardiac arrest victim when administering the shock

Every Minute Counts!

There is a direct linkage between the 'call-to-shock' time and the rate of survival:

<u>Time from Call to Shock</u>	<u>Survival Rate</u>
Immediate defibrillation (1-2 mins)	90%
Early defibrillation (6 mins)	45%
Early defibrillation (7 mins)	30%
Delayed defibrillation (>10 mins)	<5%

Healthy Corner

Woman's Safety & Health at Work

America's work force has changed in the last 50 years. Though men still outnumber women in the workforce, the percent of women working has steadily increased from 34% in 1950s to 58% today. The percent of men working has been decreasing during this time, from 84% in the 50s to only 71% working today

Women are now marrying later in life, earning higher educational degrees, delaying childbirth, and having fewer children than in previous years. ² More women are choosing to continue working while also balancing the traditional parenting responsibilities. ¹

Work-related health challenges facing women

Women face different workplace health challenges than men. This is partly because men and women tend to have different kinds of jobs. ³ Women generally have more work-related cases of carpal tunnel syndrome, tendonitis, respiratory diseases, infectious and parasitic diseases, and anxiety and stress disorders. ⁴ Social, economic, and cultural factors also put women at risk for injury and illness.

For example, women are more likely than men to do contingent work part-time, temporary, or contract work. Compared to workers in traditional job arrangements, contingent workers have lower incomes and fewer benefits. Like all workers in insecure jobs, women may fear that bringing up a safety issue could result in job loss or more difficult work situations. They may also be less likely to report a work-related injury.

Within America's workforce, immigrant women are a particularly at-risk group. They face barriers related to their immigrant status as well as issues in balancing work, home, and family. Compared to native-born women, immigrant women work in industries and jobs with much higher injury rates.

Sexist treatment and gender discrimination in the workplace can affect a woman's physical and mental health. Sexual harassment can lead to

- anxiety
- depression
- lower self-esteem
- alienation
- insomnia
- nausea
- headaches

Balancing work and family tasks can put additional stress on women, who in many families still take primary responsibility for childcare and eldercare. When family and work demands collide, the resulting stress can lead to physical health problems such as poor appetite, lack of sleep, increase in blood pressure, fatigue, and increased susceptibility to infection. It can also result in mental health problems such as burnout and depression.



Quick Facts About Women In The Workforce:

- Women currently comprise 46% of the 137 million workers in the United States, with their share of the labor force projected to reach 48% by 2008.
- In 1999, 75% (46 million) of employed women worked full-time, while 25% (16 million) worked part-time.
- In 1999, 3.7 million women held multiple jobs.
- Sixty percent of women age 16 and over were either employed or looking for work in 1999.
- Of employed women, 40% held technical, sales, and administrative support positions; 32% worked in managerial and professional specialties; and 17% worked in service occupations in 1999.
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INFORMATION

July, 2014



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

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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

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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)
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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