

COUNTY CONNECTION

June, 2015

Montana Athletic Center

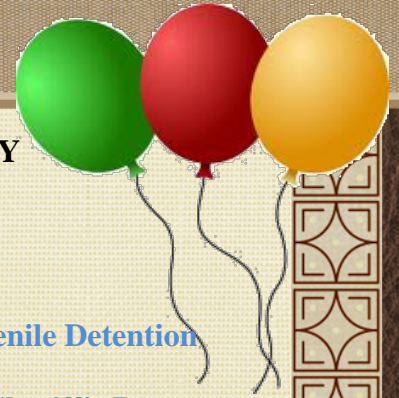
MAC offers numerous group exercises.
Check out the mac at
www.maclibby.com

So many candles...

So little cake.



HAPPY BIRTHDAY



Pamela Norman.....1st.....Juvenile Detention

Bradley Dodson.....10th.....Sheriff's Dept.

Crystal Webley....13th.....Juvenile Detention

Wendy Anderson...14th..Eureka Animal Control

Kirk Kraft.....16th.....Sheriff's Dept.

Vicki French.....17th..Clerk and Recorder

Dale White.....17th.....Sheriff's Dept.

Ric Kesling.....22nd.....IT Dept.

Karmen McKinney.....22nd.....N.L.C.A.

Jean Holder.....24th.....Sheriff's Dept.

Craig Schultz.....24th.....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

June, 2015



Safety Corner

Lincoln County | June 2015



Runners, walkers, bicyclists. Lots of people are out there these days working to stay fit and get in shape. It's healthy, good for you and an inexpensive way to maintain a regular exercise regimen. While you're working out, you want to stay safe. Here are a few tips on doing just that!

BEFORE YOU LEAVE

- Plan your outing. Always tell a family member or friend where you are going and when you will return. Let them know what your favorite exercise routes are.
- Know where telephones are located along the course, or carry a cellular phone with you.
- Wear an identification tag or carry a driver's license. If you don't have a place to carry your ID, write your name, phone number and blood type on the inside of your athletic shoe. Include any important medical information.
- Don't wear jewelry or carry cash.
- Wear reflective material so motorists can see you more easily

ON THE ROAD

- Stay alert at all times.
- Listen to your surroundings.
- Exercise in familiar areas. Know which businesses or stores are open.
- Vary your route. That way, a potential attacker won't get to know your routine.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid poorly lit areas at night.
- Run clear of parked cars or bushes. Run against traffic so you can observe approaching automobiles.
- Trust your intuition about a person or an area. If you are unsure about an area, or feel unsafe, leave immediately.
- If you think you are being followed, change direction and head for open stores, theaters or a lighted house.
- Have your door key ready before you reach your home.
- Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary. It's also a good idea to check with police about any criminal activity in the area you plan to run/walk/bike.

STAY ALERT!

- Sometimes runners and walkers get lulled into a "zone" where they are so focused on their exercise they lose track of what's going on around them. This state can make runners and walkers more vulnerable to attacks. Walk and run with confidence and purpose

SAFETY COMMITTEE MEMBERS

- Vic White, EMA, Chair
- Lisa Oedewaldt, EMA Vice-Chair, training
- Brenda Rebo, Annex, Record Keeper
- Tom Magone, Maintenance,
- Leigh Riggleman, Clerk & Recorder
- Laura Schrader, Sheriff
- Craig Schultz, Libby Road #1
- Rob Jorgensen, Eureka Road #3
- Rick Ball, Library
- Dennis Day, Landfill
- Karmen McKinney, North Annex
- 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.



**MAKE
YOURSELF
VISIBLE**

Healthy Corner



HEALTH & WELLNESS CORNER

Lincoln County | June 2015



Are you interested in avoiding common illnesses such as colds, the flu and gastrointestinal upsets? Would you prefer to avoid serious chronic and acute illnesses caused by chemical exposures?

If so, you should develop the habit of washing your hands frequently and thoroughly. Illnesses are often spread by touching a contaminated surface and then touching your mouth, eyes or nose, or handling food.

In addition, chemicals on your hands can enter your body after you touch food, beverages, dishes, glasses, utensils, cigarettes, cosmetics and other objects.

WHEN TO WASH:

- ☐ Always wash up before eating.
- ☐ Wash your hands before preparing food to prevent food poisoning and the spread of disease. Wash before you handle each different food. For example, wash between cutting the raw chicken and dicing the vegetables.
- ☐ Always wash your hands after using the toilet. If you have been handling chemicals, wash before using the toilet, too.
- ☐ Wash your hands before handling contact lenses or applying makeup.

HOW TO WASH:

- ☐ Take off watches, bracelets and rings.
- ☐ Wet your hands and forearms using a stream of warm running water.
- ☐ Lather thoroughly with the recommended cleanser such as soap. Plain soap and warm water is good enough for most hand washing, providing it is done properly.
- ☐ Rub your hands together vigorously for at least 15 seconds. Scrub your wrists, the front and back of your hands and your fingers. Clean under your fingernails.
- ☐ Rinse well under warm running water.
- ☐ Repeat the washing and rinsing steps if necessary.
- ☐ Dry your hands completely on a one-use towel or under an air drier.
- ☐ Use a paper towel to turn off the faucet and open the door without contaminating your hands again.

BENEFITS OF HAND SANITIZER...

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Why? Many studies have found that sanitizers with an alcohol concentration between 60–95% are more effective at killing germs than those with a lower alcohol concentration or non-alcohol-based hand sanitizers.

Non-alcohol-based hand sanitizers may:

1. not work equally well for all classes of germs (for example, Gram-positive vs. Gram-negative bacteria, *Cryptosporidium*, *norovirus*);
2. cause germs to develop resistance to the sanitizing agent;
3. merely reduce the growth of germs rather than kill them outright, or
4. be more likely to irritate skin than alcohol-based hand sanitizers.



INFORMATION

June, 2014

VOL #1 ISSUE #6



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:

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If your Department doesn't get their training topics by the 10th of each month please contact:

Lisa Oedewaldt loedewaldt@libby.org 406-293-6295

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