

COUNTY CONNECTION

September, 2014

Montana Athletic Center

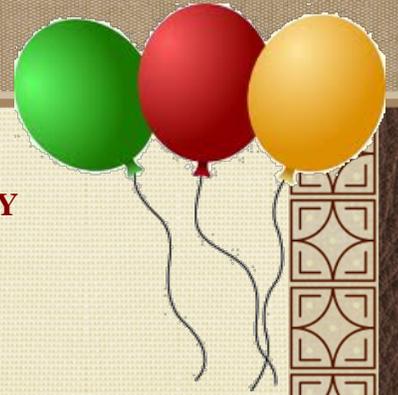
MAC offers numerous group exercises.
Check out the mac at
www.maclibby.com

So many candles...

So little cake.



HAPPY BIRTHDAY



Jeanne Butler.....8th.....Libby Solid Waste

Daniel Holskey.....10th.....Sheriff's Dept.

Dan Williams.....20th.....Noxious Weed

Alfred Wright.....24th.....Troy Refuse

Ronald Morgan.....25th.....Eureka Road

Laura Schrader.....25th.....Sheriff's 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

September, 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.



Poison Prevention



In the Workplace and at Home

Unprotected exposure to many substances found in the workplace & in the home can lead to poisoning. What's more it isn't all that hard to be exposed, since these poisons have three easy routes into the body:

- **Inhaling** hazardous airborne vapors, dusts, fibers, etc., can cause health effects ranging from headaches, nausea, and respiratory problems to far more serious—sometimes even fatal—ailments.
- **Skin and eye contact** can irritate or burn and may cause serious eye damage, recurring allergies, or a variety of other problems. Some poisons could also enter the bloodstream through the skin, which could lead to very serious health problems, such as organ damage.
- **Swallowing** a poisonous substance could occur unintentionally if it gets on food, a coffee mug, or even hands. With some poisons, swallowing even a small amount could cause health effects.

Workplace Poison Prevention

- Ventilating work areas where hazardous substances are used and stored
- Enclosing hazardous operations to prevent dangerous vapors from escaping into the air employees breathe
- Restricting entry to hazardous areas to authorized, trained, and properly equipped workers
- Requiring the use of PPE specifically designed to protect you against the specific hazardous substances employees work with
- Training employees to consult the MSDS and their supervisor for the proper PPE and work practices for handling hazardous substances

Workplace Poisons and Workers' Families

Workers exposed to poisons in the workplace can spread the poison to their families if they're not careful. Studies have uncovered examples of family members becoming ill when workers unknowingly brought hazardous substances home from work on their clothes, bodies, tools, and so forth.

Hazardous materials can be transported home in several ways:

- Dusts and particles on clothes can get into the air in the home as well as clinging to other surfaces.
- If workers wash contaminated work clothes with other laundry, those items could become contaminated, too.
- Hand tools and other equipment that have had contact with hazardous substances can contaminate whatever they touch—furniture, flooring, a car or truck.
- Work-related materials such as bags, rags, or scrap lumber can also be contaminated and spread contamination.

Healthy Corner



Facts About Seasonal Flu

Flu season's here. Provide your employees with a good dose of facts about preventing and treating flu.

Flu is primarily spread through the air when infected people cough or sneeze. But flu viruses can also be transmitted by touching objects that an infected person has touched. The virus gets on the sick person's hands when he or she coughs or sneezes.

From the hands the virus gets onto whatever the person touches. When you touch the same object, the virus gets on your hands. Then if you touch your nose, mouth, or eyes, you can become infected, too.

If you shake hands with contagious people who have flu germs on their hands, you could get infected that way, too.

Some flu viruses can live on surfaces, such as door handles, phones, keyboards, counters, and tools, for several hours.

If you have the virus, you can infect other people beginning 1 day before symptoms develop and for 5 to 7 days after becoming sick. Children may pass the virus for even longer than 7 days.

Some people can be infected with the flu virus but have no symptoms. During this time, those persons can still spread the virus to others.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever

Treating Flu

If you get the flu, antiviral drugs can help treat the illness.

Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.

Tips for Treating the Flu

- Offer plenty of fluids (fever can lead to dehydration).
- REST-REST-REST - in bed or on the couch with a supply of magazines, books, quiet music, and perhaps a favorite movie.
- Give acetaminophen or ibuprofen for aches and pains (**but do not give aspirin unless your doctor directs you to do so**).
- Dress in layers so you can add and remove layers during bouts of chills or fever.

INFORMATION

September, 2013

VOL #1 ISSUE #8



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:

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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
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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