



## Announcements

LABOR DAY  
September 6, 2010

Health Fair on  
September 22<sup>nd</sup>  
contact HR for details

Managing  
Performance Training  
9am-Noon on  
September 8<sup>th</sup> at Vets  
contact HR for details

Public Sector Training  
1pm-4pm on  
September 8<sup>th</sup> at Vets  
contact HR for details

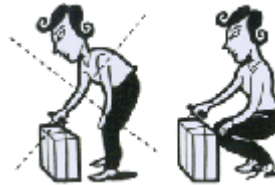
## Individual Highlights:

How To Save Your Back	1
How To Continued...	2
5 Ways to Spot Internet	3
Power Lines Facts	3
Secrets 4 Staying Healthy	4
Thinking Young	4
Get to Know Your DSR	5
What's Wrong With this Picture	6

## How To Save Your Back

**Always try to maintain the natural curves in your back.**

These curves provide strength and support for your back. This is especially important when lifting or when sitting for long periods.



**Hinge at your hips and bend your knees when lifting.**

You should be doing most of the work with your legs rather than with your back! Placing your feet shoulder-width apart will help you stay balanced. A wider stance can also help if you have difficulty bending your knees.

**Tighten your stomach muscles before you lift.**

They help support and stabilize your back when you lift.



**Plan ahead before lifting. Test the weight first.**

Many injuries result from poor planning and overexertion.

Keep objects close.

A 10 pound bag of groceries can put 100 pounds of pressure on your lower back. Holding things away from your body greatly increases this pressure.

# How To Save Your Back Continued...

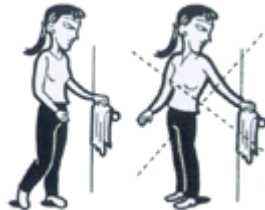
**When possible, use your hand and arm for added support when bending and lifting.**

Use a golfer's lift to retrieve light objects, or when reaching into low containers like a hamper or shopping cart.



**Pivot with your feet when lifting and moving objects.**

Turn your whole body instead of twisting your spine – especially if you are holding something heavy. Your nose should always be in-line with your toes.



**Balance objects when you carry them.**

Use dollies and carts for heavy items whenever you can. Use your body weight to push the dolly or cart with your legs, rather than pulling with your back.

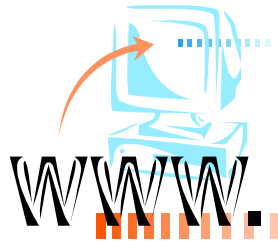


**When sitting, sit all the way back in the chair seat against the backrest.**

Let the chair do some of the work for you – no slumping allowed!!!



# 5 Ways to Spot Internet Scams



*“If you send this e-mail back today, you will inherit six million dollars in three hours!”* Some Internet scams are relatively easy to spot, but some are much more believable. Advance fees or prepayment of goods that are never received are common scams that bilk people out of millions. What to watch for:

1. **DON'T OPEN** any e-mails with a subject line promising you a large amount of cash, even if it's from someone you know. Your acquaintance may not know that his or her e-mail is being used for a scam.
2. **DON'T REPLY** to any e-mails informing you that you've inherited money or property. And never respond by providing personal information such as date of birth or a Social Security Number, even if you believe you did inherit something.
3. **BE AWARE** of charity of aid scams. Whenever there's a major disaster, many scammers immediately begin sending out charity relief scams. Avoid donating to causes via the internet if you can't verify them as a legitimate charity.
4. **CHECK OUT** e-mail and Internet scams on a popular scam-debunking website at [www.snopes.com](http://www.snopes.com). Snopes provides up-to-date information, including some of the most popular scams: the mystery shopper scam, Nigerian scam, work-at-home scams and family-member-in-distress scam.
5. **IF IT SOUNDS TOO GOOD TO BE TRUE** it usually is too good to be true.

## Power Line Facts

Most people know not to touch a downed power line (even if it's insulated), but here are some other surprising facts about the dangers of power lines:

NEVER place any ladder even a wooden one near a power line. While most people know that metal ladders are dangerous around power lines, many don't realize that wooden ladders contain metal parts. There's also the risk of using a damp or wet wooden ladder, allowing it to act as a conductor. Best Bet: Let an expert do the work.

NEVER trim trees or limbs that are near power lines. It's dangerous even if you don't use a ladder. Why? If the tree retains any moisture, it can act as an electrical conductor. Your trimmers can also act as a conductor if they accidentally touch the line. Again, let a professional cut the limbs for you.

NEVER dig without checking with your local utility company. Before you begin a landscaping project, call the utility company to make sure there are no underground wires where you're planning to dig.

# Secrets For Staying Super Healthy



Do you know people who never seem to catch a cold or the flu? These people may seem “lucky”, but it turns out that anyone can build a stronger immune system by taking these factors into account:

**MENTAL:** Your thoughts influence how well your body functions. Stress, anxiety, a negative attitude and even the expectation that you’ll get sick may make you more prone to illness. What can you do? Reduce your stress. Massage or laughter may help. Do something you enjoy every day.

**PHYSICAL:** Diet and exercise affect your resistance in a big way. Getting enough quality sleep is also really important, as is regular hand washing. As you age, these things become even more crucial. What can you do? Eat a variety of quality foods, especially colorful produce and whole grains. Write down whatever keeps you awake, and tackle each problem. Scrub your hands several times a day with soap for at least 20 seconds each time.

**SOCIAL:** Positive relationships can have a protective effect on your health. Studies also show that dog owners get sick less often. Spiritual connections can be beneficial too. What can you do? Widen your social circle. Consider getting a pet; even something as small as a fish may help. Practice regular meditation or prayer.

## Thinking Young

You may be getting older, but your state of mind can have a big effect on how old you feel – and maybe even how long you’ll live. *Consider these findings:*

- The Women’s Health Initiative (a study of over 97,000 women) found that an optimistic outlook reduced the risk of death by 14 percent; hostile and negative women were at higher risk. In another recent study, optimistic people showed signs of having a stronger immune system.
- A seven-year study at the University of Texas revealed that more upbeat seniors were less likely to become frail.
- Among adults ages 65 and up, 60 percent felt younger than their actual age. In fact, one-sixth felt at least 20 years younger than their age, and only one-fifth of those aged 65 to 74 felt “old”.

**But what if you’re not naturally sunny and cheery? How can you become more positive?**

- Each day, list at least three things that went well.
- Take stock of the things in your life that you appreciate, and express gratitude directly to those who deserve it.
- Find activities you love, and take time to become fully absorbed in them.
- Have regular contact with those who support you, whether it’s family, friends or co-workers.

# Get to know your Department Safety Representative



**One of Andi's favorite safety quotes are:**

**“Clean up after yourself, your mother doesn't work here!”**

**ANDI ANDERSON** of Community Services & Workforce Development (CSWD) has worked for the County for 16 years; 10 of them at CSWD. In addition to being the Department Safety Representative for the last 3 years she also is a secretary who assists with the day-to-day operation of the CSWD office by greeting clients and referring callers to services available to them in the community. She also attends various board meetings and takes minutes. Many community agencies rely on her extensive email distribution listing to make their services known via e-mail blasts.

Andi grew up around the military so safety has always been at the forefront of everything she does. From a young age she was taught to be aware of her surroundings and to notice things out of the ordinary. During the mid to late 80's she was employed by the Army at the Office of the Staff Judge Advocate in Garlstedt, Germany as a secretary. While there she created the safety manual for the soldiers on base who would travel to remote locations. It was a very extensive manual that covered dealing with spies, traveling to foreign countries and crossing borders, how to recognize communist license plates and symbols, what not to do if you are obtained by the enemy, etc.

During the Gulf War, Andi worked at Lucius D. Clay Kaserne in Bremerhaven, Germany. Bremerhaven is the home to the largest port in Germany and all of the military vehicles, weapons, equipment, etc., that was shipped to Afghanistan for Desert Storm were shipped out of that port. Each day that she went to work she was continually under surveillance. Vehicles were checked daily upon entering the military base for terrorist, bombs or weapons. Thankfully, there were no major incidents, but there were occurrences of bombings at nearby military bases during that time.

One of Andi's favorite safety stories was when she worked for the District Attorney's office. She noticed an abandoned box on the sidewalk outside the office with the initials of "GLF" written on the side. Andi immediately called 911 to report a suspicious package. A team of specialists were dispatched but luckily upon inspection it was nothing serious. Turns out that the Health Department had conducted an outreach earlier in the day and someone had left a box of condoms on the sidewalk.

## What's Wrong With This Picture?????



I hope you all are enjoying this safety newsletter.  
If you have any safety stories/information or suggestions you would like  
posted, please send me an email.

Dina Bies  
481 Fourth Street  
Hollister, CA 95023  
(831) 636-4000  
(831) 636-4010 fax  
dbies@cao.co.san-benito.ca.us