
Safety & Working Conditions Study Committee

Safety E-Times

Issue 6

April 2008

This is the 6th issue of the Dane County Safety and Working Conditions Committee's newsletter Safety E-Times. The Committee has existed since 1973 and consists of union and management members from various county departments.

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Sheriff/WPPA-Sup

267-1561

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246-3389

John Talis – **Secretary**

266-9006

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267-1555

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Human Services

Facilities Management

242-6260

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Sheriff WPPA-Non-Sup

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266-4014

Dick Loeper

Highway/Local 65

266-4011

Dennis McClain

Juvenile Detention

267-4191

Joe Yaeger

Parks/Public Works/Lake Mgt

575-3375

Kevin Gundlach

Badger Prairie /Local 705

845-6601

Conrad Richer

Parks/Local 720

246-5340

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Human Services

CYF Direct SVC Support

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Vacant:

Trade Union

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HOW TO CATCH YOUR SECOND WIND

Feeling run-down, low? You'll turn up the energy in a few minutes if you....

Recharge: snack on fiber-rich munchies such as dried apricots, celery sticks, an apple or a few pistachio nuts. *Benefit:* the fiber helps control the release of glucose (a sugar) into your bloodstream and may reduce energy dips.

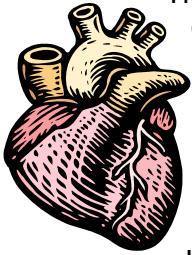
Breathe Deeply: every 1-2 hours, take 5 minutes to do some deep breathing, inhaling and exhaling deeply. It will help you feel calmer and more mentally focused.

Take a Visual Vacation: close your eyes and mentally escape by picturing a peaceful scene on an island, a meadow or by the ocean. "Seeing" yourself relaxed can be invigorating.

Snap out of it: splash cold water on your face or pop a breath mint – mint flavors are stimulating.

Take a “Good News” inventory: write down all the good things that happened during the day. You’ll be surprised at how much went right. You’ll set yourself up for a good night’s sleep ... and energize yourself for the next day.

HIDDEN WAYS TO HELP YOUR HEART



The good news about heart disease – America’s No. 1 killer – is that a healthy heart is within everyone’s reach. You know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check.

Don’t Skip Breakfast: most heart attacks occur between 7 a.m. and noon – possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky ... and less likely to clump together and block a vital artery.

Lighten Up: people who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

Meet the “A’s”: you may have heard about the antioxidants – vitamins A, C and E, and beta-carotene – that appear to slow plaque buildup in the arteries. Add peppers, with a mild flavor and crunchy texture, bell peppers can brighten a salad or make a quick snack. Plus they are rich in essential nutrients – green bell peppers have twice as much vitamin C by weight as citrus fruits, while red bell peppers have three times as much.

Kick Tobacco if You are Using it: smoking affects more than your lungs. Fact is, within a few years of quitting, you’ll cut your risk of heart attack by at least half, similar to those who never smoked.

Don’t be a Couch Potato: sedentary living – not high cholesterol – is one of the greatest risk factors in heart attack deaths. **Tip:** just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly, take the stairs, play actively with kids. Live Longer!!

EXTREME SUMMER HEAT – HELPFUL WEBSITES

With summer in Wisconsin comes hotter weather and humidity sure to make you long for a cool breeze and a cool, frosty beverage (non-alcoholic). We all know to drink more fluids to stay hydrated, limit direct sun exposure, and dress lighter. That isn’t the case for many people including frail, isolated adults, children, the homeless, and those on certain psychiatric medications that trip up the body’s internal thermometer. If your agency is one that helps those in need of assistance during extreme heat advisories you might find these websites of interest in helping them as well as educating yourself about this subject:

www.bt.cdc.gov/disasters/extremeheat/index.asp

www.emergencyemail.org

www.epa.gov/heatisland/about/heatguidebook.html

www.fema.gov/hazard/heat/index.shtm

www.crh.noaa.gov/crh/

www.nws.noaa.gov/om/brochures/heatwave.pdf

www.dhfs.state.wi.us/ri_dsl/providers/heat.htm



Hope you’ll find these links helpful.

FIREARM SAFETY

Firearms should be treated with respect. A common cause of accidents often involves someone playing or toying around with a gun.

Gun Safety when not in use, stored in the home:

1. Unload the gun
2. Lock up gun and keep out of reach of children
3. Lock up ammunition and store it apart from the gun
4. Store keys for the ammunition and gun locks in a different area than where the ammunition and gun are stored
5. Lock up gun cleaning supplies. These can be poisonous and should be kept out of reach of children
6. Before locking up gun, put on a gun lock



Gun Safety Rules:

1. Always treat guns as if they are loaded
 - a. If you always treat a firearm as if it is loaded you will more likely take precautions to prevent an unintentional discharge.
2. Keep the muzzle pointed away from non-targets
 - a. Be aware of your surrounding at all times and accidents are less likely to happen
3. Keep your finger off the trigger when not shooting
 - a. Keeping your finger straight alongside the weapon on the trigger guard or the area above the trigger will help you follow this rule.
4. Be sure of your target and surroundings
 - a. Be sure what you are shooting at and be sure what is near or behind your target.
5. Use the correct ammunition for the weapon
 - a. Using ammunition of the wrong caliber or the wrong type may result in the firearm malfunctioning or becoming damaged.
6. Keep your firearm clean and in good working order
 - a. Firearms should be kept clean and checked over before firing.

Extra Safety Tips:

Never do the following with a loaded firearm:

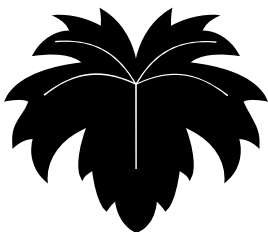
- climb a tree or a hunting stand;
- cross a fence;
- jump a ditch or cross a stream;
- climb or descent a steep incline or hill;
- prop or lean a firearm against a tree or other surface;
- shoot across a highway or roadway.

The Dane County Sheriff's Department has trigger locks for anyone interested. They are available at the West Precinct, Middleton Town Hall, 7555 Old Sauk Rd., the Southeast Precinct, Town of Pleasant Springs, 2354 Hwy N; the Northeast Precinct, Windsor Town Hall, 4084 Mueller Rd., their Training Center on Hwy 19 and at their main office in the Public Safety Building on Doty Street in Madison. All you need to do is go to one of these places and ask.

POISON OAK AND IVY FACTS:

Poison Oak, poison ivy and poison sumac emit the poisonous, oily irritant urushiol (pronounced oo-roo-she-all) on the plant's stems, roots, branches, and leaves. The urushiol chemically "locks on" to skin proteins within 20 minutes after exposure to the plants (including dormant plants or long-dead prunings), contaminating clothes, tools, or even pets.

Contact with this annoying oil produces a rash in three out of four people. The rash can begin within a few hours after contact, or it can start three to five days later. The rash starts with itchiness and swelling, followed by a reddish inflammation of tiny pimples. Blisters then form and couple in a chain-line reaction. A clear fluid oozes from the blisters. This fluid then hardens to a yellowish crust. Left untreated, the rash (a typical histamine response) will last three to five weeks.



Poison oak, ivy, sumac and other members of the Rhus family grow in all portions of the North American continent (except Nevada, Alaska, and Hawaii) at elevations below 4,000 feet with a rainfall above 8 inches per year. These plants are a significant cause of workers' compensation claims in the United States. They are also the source of considerable distress to outdoor recreationists and hobbyists.

11 THINGS YOU CAN DO TO HELP SAVE THE PLANET

1. Reuse your coffee mug – every time you bring your own mug, you cut down on Styrofoam
2. Ice Cream cones – a cone beats a cup. Why, you eat the packaging (no paper or spoon to toss)
3. Home made cleaners – natural cleaners like vinegar and baking soda do a great job without harming the planet
4. Cloth bags – reusable cloth bags for groceries and dry cleaning, save more than 100 billion plastic bags from the landfills each year
5. Stop junk mail – contact the direct marketing association at dmachoice.org/mps to remove your name from mailings lists of their members
6. Use recycled TP – recycled TP is scratchier than three-ply but much softer on the environment
7. Compact fluorescent bulbs – these use four times less energy than incandescent ones
8. Delint dryer – removing lint from the dryer does a lot to reduce its energy use
9. NO VOC paints – most paint fumes contribute to smog. Look for cans with “No VOC.” We'll all breathe easier
10. Low flow shower heads – cutting a shower by two minutes saves ten gallons of water
11. Turn off PC – the average computer left on all day uses nearly 1,000 kilowatt hours of electricity a year, this produces more than a tone of carbon emissions. Turn off your computer when you're not on it, and eliminate the screen saver function, this uses more energy than the sleep mode.



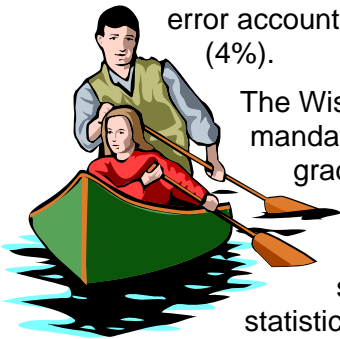
HOW LONG DOES IT TAKE TO BIODEGRADE?

1. Brown paper bag – 1 to 15 months
2. Cigarette butts and filters – 12 years
3. Plastic bags, caps, and lids – decades
4. Aluminum cans – 2 to 5 centuries
5. Styrofoam clamshells – virtually forever

BOATING SAFETY PROGRAM

Message from the Dane County Sheriff's Office boating safety program:

Fifty. According to the DNR, that is how many boaters lost their lives on Wisconsin waters over the past three years. (Dane County accounted for 6.) The DNR also reports that in 2006 (the most recent numbers available), alcohol was involved in half of all boating fatalities, 80% of victims were not wearing life jackets, and almost 60% of boaters involved in an accident had no formal boat training. Historically nationwide, human error accounts for 63% of accidents, followed by environment factors (33%) and equipment failure (4%).



The Wisconsin legislature recently took action to improve these statistics. State law now mandates that everyone born on or after 1/1/1989 and at least 16 years of age must graduate from a DNR certified boating safety course in order to operate a motorboat on Wisconsin waters (regardless of parental supervision).

The Dane County Sheriff's Office conducts boating safety classes throughout the spring and summer to educate boaters and keep them from becoming another statistic. Students are taught nautical terms, safe navigation and boating practices, emergency procedures, equipment requirements and proper usage, the importance of conducting a pre-departure checklist and pre-departure safety discussion with passengers, and how to control the spread of aquatic invasive species. The course is 9 hours long over multiple sessions and includes a visit from a DNR Warden. One of the most important lessons taught is the value of continuing one's education. Educational

websites abound including <http://www.boat-ed.com> <http://www.commanderbob.com> <http://www.boatsafe.com> to name a few.

A few specific issues discussed in class are as follows:

- All occupants must have readily accessible a properly fitted life jacket in good condition. A readily accessible throwable floatation device is also required on all boats 16 feet and over. (Approved seat cushion type devices are commonly used.) Having a throwable device onboard is a good idea for all boats regardless of size. (Floatation device issues are the most cited offense in Wisconsin.)
- Fire extinguishers must be Coast Guard approved, charged, and readily available for use.
- Your battery must be secured from shifting with the terminals properly covered.
- Limit your alcohol intake. The sun, heat, and movement of the boat all enhance the effects of alcohol on your body.
- Maintain a proper lookout. (Dane County ranks third in the number of boats registered statewide.)
- Make sure your navigation lights work before you need them. Carry spare bulbs and flashlights.
- Make sure your cell phone is charged. Someone on shore should know how to reach you and when you will return.
- Know the DNR boating regulations and specific regulations for your lake. (See Dane County Chapter 72 or visit <http://wsll.state.wi.us/ordinances.html> to check other local ordinances.)

Besides the new "1/1/89" law, another recent DNR initiative involves controlling the spread of aquatic invasive species. While boaters have been familiar with the Eurasian water milfoil weed for quite some time, Wisconsin's inland waters are now being invaded by other foreign species such as zebra mussels and VHS (a viral fish disease). Illinois is experiencing an influx of large "flying carp" which are attracted to boat motors. (They jump into boats and injure their occupants. Videos can be seen on YouTube.) One of many statewide rules states that after removing your boat from the water, you must clear the boat and trailer of all marine life (weeds, zebra mussels, etc) and drain all water from the boat before leaving the launch area. Rules for the 2008 boating season are being finalized at the time of this writing. Visit <http://www.dnr.state.wi.us/invasives/> for updates regarding this initiative. (There are monetary penalties for not following these rules.)

It is every boater's responsibility to boat in a safe manner and be a good steward of the waters around us. Education plays an important role. Go to <http://www.danesherriff.com/boatSafety.aspx> for upcoming class information. If those classes don't fit your schedule, go to <http://www.dnr.state.wi.us/org/es/enforcement/safety/upcoming.htm> and see if other area classes work.

I welcome your questions at queldner@co.dane.wi.us and leave you with words from Edward J. Smith (Captain of the RMS Titanic) spoken five years before his fateful voyage:

"When anyone asks me how I can best describe my experience in nearly forty years at sea, I merely say...uneventful. I have never been in any accident of any sort worth speaking about. I have seen but one vessel in distress in all my years at sea. I never saw a wreck nor was I ever in any predicament that threatened to end in disaster of any sort."

Deputy Matt Gueldner
Boating Safety Instructor
Dane County Sheriff's Office

ATV SAFETY

The Dane County Sheriff's Office will once again be offering ATV safety classes for the 2008 season. For upcoming classes and schedules log onto www.danesherriff.com

2007 was a tragic year for ATV operators in Wisconsin. The Wisconsin Department of Natural Resources reported a total of 8 fatalities, one of which occurring in Dane County. Eight of the twenty-three reported ATV crashes were alcohol related, with only four operators reported to be wearing helmets.

Riding an all-terrain vehicle can be a very exciting and exhilarating experience, but in the hands of an untrained operator the experience can also be very dangerous to the operator. ATV's handle differently than other vehicles. Accidents can happen very fast, even while performing routine exercises, such as turning, riding over obstacles, or riding on hills.

The purpose of the Wisconsin ATV Safety Training program is to promote responsible, safe, and ethical ATV use.

Anyone born on or after January 1, 1988 must have completed a safety certification course. These ATV operators must carry their safety certification card and they must display it to law enforcement officers when requested.

Anyone is eligible to take the class and receive a safety education completion certificate. For children under 12 years of age, the certificate does not become valid until the child reaches 12 years of age.

Please have a safe and enjoyable ATV season! Remember, Ride Responsible and Sober!

Deputy William McGowan
Dane County Sheriff's Office

MOVE OVER OR SLOW DOWN (IT IS THE LAW IN WISCONSIN)

If you see a stopped emergency or maintenance vehicle with its emergency lights flashing, move over or slow down. Remember, the law applies to any response or maintenance vehicle with its emergency lights flashing.

Move Over or Slow Down for Emergency Flashing Lights

One of the most dangerous places for emergency responders and maintenance personnel is along the side of the road. Each year hundreds of these hard working men and women are injured or killed by passing motorists while working along the nation's highways. In 2001, Wisconsin passed a law designed to protect law enforcement officers, emergency responders, tow operators and highway maintenance personnel who are conducting business on Wisconsin's roadways.



It is called the Move Over Law, and the concept is simple. If you see a vehicle on the side of the road with its emergency lights flashing, you are required to move out of the lane closest to the vehicle if possible. If a safe lane change is not possible, or you are traveling on a two-lane roadway, you are required to slow your vehicle, maintaining a safe speed for traffic conditions, and drive at a reduced speed until completely past the vehicle.

"Our troopers, maintenance workers and others who work on busy highways take every possible precaution to avoid getting hit by vehicles," says Wisconsin Department of Transportation Secretary Frank J. Busalacchi. "But we need help from every driver on the highway. When motorists obey the Move Over Law and create a safety zone, they reduce the dangers to themselves and those who work along our highways."

Not moving over can be painful. If you get a ticket, you will be assessed three demerit points on your license and a \$249 fine. In addition, your driver's license will be suspended if you are involved in a crash, and you may serve up to seven years in prison if you hurt or kill someone.

SAFETY TRIVIA QUESTION

Carbon dioxide and other chemicals in the breath that you exhale attract mosquitoes. What common fruit should you avoid eating to lessen the attraction of mosquitoes? Send your answer to Huttner@co.dane.wi.us for your chance to win a compact first aid kit.

Last issues winner...DCDHS Carrie Buie's name was drawn from all correct entries....Mr. Bluebeard was playing at the Iroquois Theatre the night of the fire.

CHECK OUT OUR INTRANET SITE!

The Safety & Working Conditions Study Committee has a intranet website located at:

<http://www.co.dane.wi.us/committees/workingconditions/>

This website is specifically designed with information and links for you to access more safety information. You will also find the committee's meeting times, agendas, and minutes. The site also allows you to contact the individual committee members with your suggestions and concerns.

There is even an Anonymous Contact Form for Dane County employees to report safety concerns that can be accessed from the website.