



# MILWAUKEE COUNTY TOTAL HEALTH NEWSLETTER

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## VEHICLE ACCIDENT REVIEW COMMITTEE (VARC) ANNOUNCEMENT



In spring of 2016, a Vehicle Accident Review Committee (VARC) will be formed whose mission is to promote safe driving and identify preventable versus non-preventable vehicle accidents. Milwaukee County spent over \$2 million dollars on motor vehicle claims during the period from 2010 to 2014. This amount does not include the significant costs associated with small equipment accident claims such as those involving golf carts, snow throwers, lawn mowers, and utility carts. VARC will recommend available training resources to Milwaukee County departments that had vehicle accidents to assist in preventing future accidents and related costs.

### VARC details:

- » 7 total members; one member from our general liability insurance carrier and 6 members from 4 Milwaukee County Departments
- » VARC plans to meet quarterly to review Milwaukee County owned or leased motor vehicle accidents
- » Members will follow rules and recommendations established by the National Safety Council (NSC) when determining accident preventability

Procedures for the Vehicle Accident Review Committee can be viewed by visiting the Milwaukee County Administrative Manual of Operating Procedures at the following link: <http://county.milwaukee.gov/AMOP>.



## WORKERS' MEMORIAL DAY

Workers' Memorial Day is observed every year on April 28. It is a day to honor those workers who have died on the job. It is also the day OSHA was established in 1971. Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their workers.

197

Auto Accident Claims  
2011 - 2015

\$977,000

Total Liability Claim Cost  
2011 - 2015

\$2,259,000

Total WC Claim Cost  
2011 - 2015

Risk Management

### AMOP 5.01, VEHICLE OPERATIONS PROCEDURE ISSUED

Milwaukee County spends millions of dollars every year in damage and liabilities resulting from on-the-job vehicle accidents. It is a best for all organizations to have guidelines in place to minimize these risks. Risk Management recently issued AMOP 5.01, Vehicle Operations, which can be found here: <http://county.milwaukee.gov/AMOP/Section5>.

This procedures fills a gap in the prior administrative rules and puts structure in place to address safe vehicle operations for the protections of our employees, the public, and the County's fleet assets. All non-law enforcement employees were automatically enrolled in the Vehicle Operation training through the LMS. The training takes no longer than 15 minutes and requires a procedure sign-off at the end. Risk Management will be following up quarterly with compliance reporting to ensure all employees have viewed the training and electronically signed the acknowledgment. If you have any questions on procedures, training programs or LMS access issues, please contact your supervisor.

## DEFENSIVE DRIVING / 4 TIPS TO PREVENT ACCIDENTS

It's a startling fact that someone dies every 15 minutes due to the result of a car accident. After alcohol, reckless driving and negligence are the main reasons why people have accidents. However, being an attentive, defensive driver can reduce your risk of getting into a crash. Here's how in four basic steps:

- 1. See the hazard** – When driving, think about what is going to happen or what might happen ahead of a potentially dangerous situation.
- 2. Understand the defense** – Specific situations require specific ways of handling them. Become familiar with unusual conditions that you may face on the road and learn how to protect yourself against them.
- 3. Act in time** – Once you've noted a hazard and understand the defense against it, act as soon as possible. Never take a "wait and see what happens" approach behind the wheel.
- 4. Put down the cellphone** – While they are useful devices, cellphones can be incredibly distracting while driving. Make sure your phone is out of sight in accordance with Milwaukee County procedures.

## SLIPPERY ROADWAYS / HOW TO PREVENT SKIDS & SLIPS

- » Slow down at the first sign that the road is slippery.
- » Reduce your speed before approaching turns and curves. When at a curve, accelerate slightly and steer without abrupt changes or braking.
- » Change lanes with minimal steering.
- » Increase following distances when roads are slick, especially when approaching intersections, overpasses and shady areas.
- » Know the roadway you're on—some roads are more slippery than others when wet.
- » Take extra caution on bridges and overpasses. They can hide icy spots.
- » SUVs or four-wheel drive vehicles don't necessarily handle better on slippery roadways. Take the necessary precautions, no matter the type of vehicle you are operating.
- » If you are skidding, steer in the direction you are sliding until you recover traction. Then, straighten your wheels and proceed.

# SAFE DRIVING: QUIZ

NAME: \_\_\_\_\_ CLOCK #: \_\_\_\_\_

DATE: \_\_\_\_\_ DPT: \_\_\_\_\_

### Circle the Correct Answer

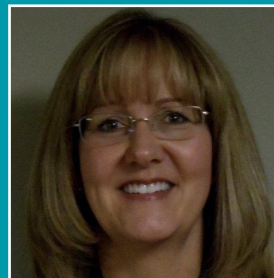
1. T F Milwaukee County procedure allows the use of cellphones while driving county vehicles.
2. T F Thinking ahead about potential accidents is key to defensive driving.
3. T F Maintain your speed when you enter slippery roads.
4. T F Change lanes with minimal steering.
5. T F SUVs handle far better than cars in slippery conditions.

Please complete and detach this quiz to enter to win a prize. Winners are chosen at random from all submissions. Send responses to Courthouse - Risk Management (Rm. 302) or scan and send to [totalhealth@milwaukeecountywi.gov](mailto:totalhealth@milwaukeecountywi.gov).

## CONGRATULATIONS TO LAST EDITIONS QUIZ DRAWING WINNERS!



**ANNEMARIE QUILES**  
Sheriff's Department  
Prize: Zoo Tickets



**SUSAN MCDONELL**  
County Clerk's Office  
Prize: Golf Tickets



**KELLY JOHNSON**  
District Attorney's Office  
Prize: Zoo Tickets

## SLEEP BETTER, DRIVE BETTER

In the past year, around 60% of adult drivers (168 million drivers) claim to have driven while feeling drowsy and more than one-third of adult drivers (103 million drivers) claim to have actually fallen asleep at the wheel. Even more alarming is that four percent of adult drivers (11 million drivers) have gotten into an accident or near accident because of drowsy driving.

The less people sleep, the greater the risk of an accident. People who sleep less than five hours a night increase their risk four to five times compared to those who sleep for eight or more hours. Getting a good night sleep is crucial to becoming a safer driver. Moreover, a good night sleep impacts many other areas of our health.

Here are some ways you can improve your sleep:

- » **Go to bed and get up at the same time every day.** Having a consistent sleep-wake cycle helps your body's internal clock and can optimize your sleep quality.
- » **Avoid sleeping in.** Deterring from your sleep routine even by one or two hours disrupts your internal clock. The more your weekends/weekday schedule differ the worse the jetlag-like symptoms you'll experience. If you need to pay off a sleep debt take a nap during the day instead of sleeping in.
- » **Be smart about napping.** A 15 to 20 minute nap should be all you need to recharge.
- » **Expose yourself to natural light as much as you can during the day.** The natural light will help regulate your natural sleep-wake cycle.
- » **Avoid bright screens within 2 hours before bedtime.** The nighttime light can interfere with sleep and your body's sleep rhythms. Blue light that is emitted by electronics is especially disruptive. You can use light-altering software to help.
- » **Skip late night TV.** Similar to phones and computers the light from the TV will disrupt your sleep. Stop watching TV at least an hour before bed.
- » **Create a healthy sleep environment.** Keep your room dark. The darker the room the better you'll sleep. Consider removing or covering up electronics that emit light. Even digital clocks with red numbers can disrupt sleep.








- » **Watch your caffeine.** Consider eliminating caffeine after lunch or at least 8 to 10 hours before you go to bed.
- » **Stay away from large meals two hours before bed.** Fatty foods take a lot for your stomach to digest and may keep you up. Also be cautious with spicy or acidic foods in the evening which can cause heartburn.

If you still struggle with sleeping even after trying the above suggestions it might be worth having a conversation with your physician to address if there is an underlying cause. If you do find yourself driving drowsy it is best to pull over and take a 10 to 20 minute nap to rejuvenate.

<http://drowsydriving.org/about/facts-and-stats/>

## THE BEST FITNESS APPS TO GET YOU MOVING

Spring has sprung! It's time to get outside and move more, but many people lack motivation to get started with an exercise routine. Thankfully a little assistance from phone apps can push you towards success! Here are a few apps to get you moving:

	<b>Couch to 5K.</b> The idea behind this app is to turn you from a couch potato into a runner. They don't start you out running, but help you easy into it.
	<b>Fat Secret.</b> An app and online resource to help you track your food intake and your exercise.
	<b>Lose it.</b> Another app and online resource to help you track your nutrition, meals, and exercise.
	<b>SworKit.</b> An app that allows you to customize and play exercise videos. Great for when you travel!
	<b>Map My Fitness.</b> This app allows you to log over 600 different exercises. GPS will also track your distance and speed.
	<b>Runkeeper.</b> Another app that will use GPS to log your exercise. It will calculate your running pace, cycling speed, route distance, elevation and calorie burn. You can also follow already created training plans or make your own.
	<b>Nike +.</b> Is another good app to help you track your progress with your exercise routine. You can also work with a coach to help you get motivated.



# 2016 – 1<sup>ST</sup> QUARTER WINNERS



**DARLENE JOHNSON**  
DEPARTMENT OF AGING

**THE FIND**

Water puddle on break room floor.

**THE FIX**

Contacted maintenance to clean up the water.

**SAFETY HAZARD / PROPERTY ISSUE PREVENTED**

Potential slip hazard for employees using the break room.

**PRIZE**

Zoo Tickets

**SUPERVISOR:** Steven Peterson

**PRIZE:** Zoo Tickets



**BRIAN NELSON**  
AIRPORT

**THE FIND**

Found dangerous level of stray voltage on exposed conduit and device junction boxes in parking structure.

**THE FIX**

Traced the stray voltage to a damaged conductor and replaced the conductor.

**SAFETY HAZARD / PROPERTY ISSUE PREVENTED**

Stray voltage poses a significant hazard to anyone who comes in contact with it. Injury to Milwaukee County employees or members of public in the parking structure was avoided.

**PRIZE**

Disc Golf Tickets

**SUPERVISOR:** Christopher Lukas

**PRIZE:** Golf Tickets



**STEPHEN GALLAM**  
PARKS

**THE FIND**

Mulch was being stored on the floor of a shed.

**THE FIX**

Built shelving unit in the shed to store the mulch off of the floor.

**SAFETY HAZARD / PROPERTY ISSUE PREVENTED**

Storing mulch on the floor presented a trip hazard to anyone entering the shed.

**PRIZE**

Zoo Tickets

**SUPERVISOR:** Jessica Herrman

**PRIZE:** Zoo Tickets

The Find It - Fix It Program is a new safety and property incentive program that is currently available to all Milwaukee County employees. The program details can be found below. Additionally, a recorded presentation and entry cards can be found on the Milwaukee County Risk Management web page (<http://county.milwaukee.gov/Risk/FindItFixIt>). Disclaimer: Your personal welfare comes first! If you cannot safely and easily resolve the issue on your own, please **DO NOT** attempt to do so. When in doubt, always take the cautious approach and bring the issue to management's attention.