



MILWAUKEE COUNTY TOTAL HEALTH NEWSLETTER

BROUGHT TO YOU BY RISK MANAGEMENT IN PARTNERSHIP WITH WELLNESS



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BE PREPARED: UNUSUAL WORK SHIFTS



Sometimes you may be required to work a demanding schedule with longer than normal shifts. The Occupational Safety and Health Administration (OSHA) defines a normal work shift as a period of eight consecutive hours during the day, five days a week with at least an eight-hour rest period. Any shift incorporating longer hours, more consecutive days or evening hours is extended or unusual.

Extended hours and unusual shifts can be stressful on both the mind and body; therefore, it is important to be especially careful. Long, unusual hours could cause you to injure yourself or others and become careless in your work, which negatively impacts . Use the following tips to prepare yourself if the nature of your job or emergency situations require you to work extended, unusual shifts. These recommendations will be especially helpful if you know you will be working odd hours beforehand, but they also serve as a quick refresher in emergency situations.

BE PREPARED TO IDENTIFY THE SYMPTOMS OF FATIGUE

Fatigue is a condition brought on by mental, physical or emotional stress. Over time, sleep deprivation will lead to fatigue, which is especially prominent in night workers. Some studies show that it takes more than 10 days to acclimate to night work, so it is important to recognize the obvious signs of fatigue, which include the following:

- » Weariness

- » Sleepiness
- » Irritability
- » Reduced alertness, lack of concentration and memory lapse
- » Lack of motivation

More subtle and often longer-term signs of fatigue include the following:

- » Increased susceptibility to illness
- » Depression
- » Headache
- » Giddiness
- » Loss of appetite and digestive problems

KNOW HOW TO STAY SAFE AND BE PREPARED TO FIGHT FATIGUE

The most obvious solution to combat fatigue is to sleep longer; however, this is not always possible, especially if you have a hectic home life. Stay safe with these tips and guidelines:

- » Take additional break periods and meals during extended shifts to increase productivity and alertness, and lessen the chance for injury.
- » Perform tasks that require heavy physical labor or intense concentration at the beginning of the extended or unusual shift.
- » During breaks, rest in a quiet, secluded area to recuperate.
- » When you go into a shift feeling fatigued, plan for regular, frequent breaks throughout the shift to move about and shift concentration.

BE PREPARED: UNUSUAL WORK SHIFTS

- » If you must work an extended shift, check with your supervisor to ensure you are not being exposed to dangerous amounts of hazardous chemicals or materials for prolonged periods.

Watch for signs of fatigue in yourself and your co-workers and be ready to take action to combat the effects of an extended or unusual shift and prevent workplace accidents!



MADISON -- DNR Hunter Safety Administrator Jon King is urging Wisconsin hunters to wear body harnesses when using tree stands in light of new research documenting injuries and deaths from falls.

"The research shows falls from tree stands and similar elevated platforms are the largest source of injuries and deaths of hunters nationwide - and this includes Wisconsin," King said of the research from the 2016 Wildlife Society.

The research also showed "the most avid hunters" face a 1-in-20 chance of suffering an injury in a fall from a tree stand during a lifetime.

King offers these safety tips and a website link with more tree stand safety tips:

- » **Always wear a full-body harness also known as a fall-arrest system.** Connect to your tether line and keep your tether line short. The tether is designed to keep you in the seat, not to catch you after you fall.
- » **Always have three points of contact while climbing into and out of the tree stand:** This means two hands and one foot or two feet and one hand at all times.
- » **Always use a haul line to raise and lower your unloaded firearm or bow into and out of the stand.** You can also use the haul for other things like a heavy backpack.
- » **Use a lifeline when climbing up and down,** this keeps you connected from the time you leave the ground to the time you get back down.

Be aware of suspension trauma. Suspension trauma can happen in less than 20 minutes and can be fatal. Attaching an additional foot strap to the body harness will take pressure off your upper legs.

Prefer a course instead? Consider this free online treestand safety course. A 15-minute investment of your time in taking an online safety course could save your life. The Treestand Manufacturers Association provides a free, interactive course that you can finish in minutes: <http://www.huntercourse.com/treestandssafety/>

UNUSUAL WORK SHIFTS: QUIZ

NAME: _____ CLOCK #: _____

DATE: _____ DPT: _____

Circle the Correct Answer

1. T F Unusual work shifts are not stressful on your body.
2. T F OSHA's definition of a normal work day is 8 hours with at least 8 hours of rest.
3. T F Reduced alertness and lack of concentration are symptoms of fatigue.
4. T F Depression is not a subtle symptom of fatigue.
5. T F When possible, perform physically demanding tasks at the beginning of your shift.

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.

CONGRATULATIONS TO LAST EDITION'S QUIZ DRAWING WINNERS!



STEFANIE BEAUCHENE
Behavioral Health
Prize: Ice Skating Tickets



LUZ GIL
Parks Department
Prize: Zoo Tickets



KATHY ANGELI
DAS - Fiscal Affairs
Prize: Domes Coupons

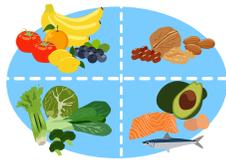
WELLNESS FOR THE UNUSUAL WORK SHIFT

Many jobs require hours that are outside of typical 8am to 5pm and longer than a traditional 8 hour work day. Shift work is a tough schedule! It is hard on the body in multiple ways. An individual's sleep schedule can be dramatically impacted, which then can negatively affect the overall well-being of a person. There are lots of things an individual who works a unique shift can do to improve their health and sleep:

Before your shift:

- » As soon as you wake up, make your room as bright as possible. The light will help to reenergize you. Some people get a lightbox which simulates daylight to help your body adjust and believe it is morning.
- » Exercise before you start work. Even if you can only do 10 minutes of walking or stretching it can help boost your energy for the remainder of the day.
- » Eat a meal that includes a good source of protein. Too many carbohydrates will make you sleepy.
- » Drink a good source of caffeine. Black coffee or green tea are good. Stay away from sugary sources of caffeine like energy drinks or sweetened coffee drinks. Always opt for the lowest sugar option.

EAT A HEALTHY DIET



sugary drinks can make your blood sugar rise and then crash, which will cause you to get sleepy.

- » Close the blinds or dim the lights, if possible, the last two or three hours of your shift. This creates a signal to your body that it is time to start winding down.

When your shift ends:

- » Have a light meal right away, so you're not eating right before you sleep when your body is winding down. It would be ideal to eat two hours before going to bed. If you have too big of a meal it is harder for the body to fall asleep.
- » Avoid morning light by wearing sunglasses when you leave work. Too much light and your body will think it is time to get energized instead of winding down.
- » Limit use of electronics. Electronics can keep you up and confuse the body that it's not time to go to bed.
- » Go to sleep as soon as you can to help ensure you get the sleep you need. Keep your room dark or wear an eye mask and keep the thermostat low (the body sleeps best in cooler temperatures).

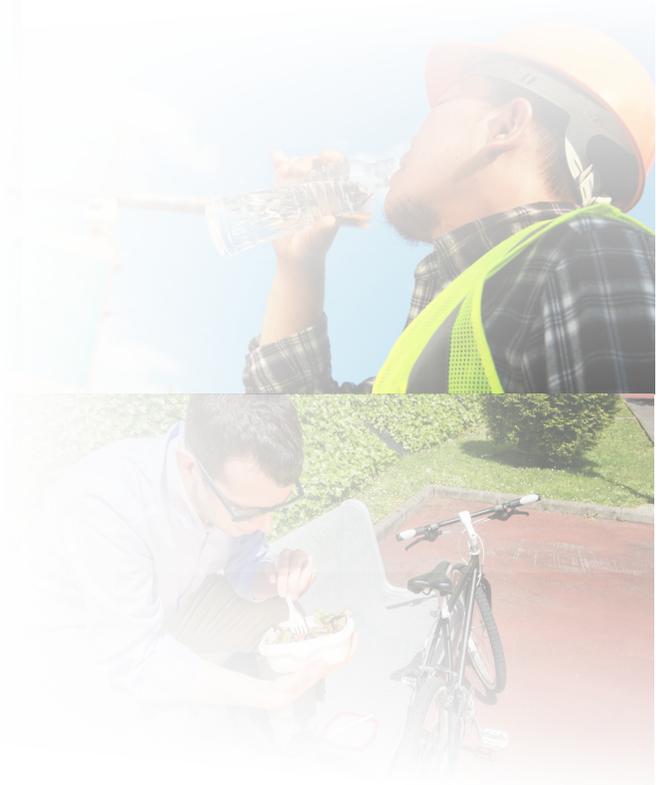
GET PLENTY OF REST



During your shift:

- » Get as much light as possible during your shift, but before the end of your shift scale it back. You want to trick your body with the light that you're in daylight.
- » Do some gentle stretches at your desk or workstation to get your heart rate and blood flow going. Try to get up at least every hour, even if it is just to go to the bathroom.
- » Bring a high protein, high fiber meal with you. Try to stay away from carb heavy meals, which can make you sleepy.
- » Stay hydrated with water. High

HYDRATE





2016 - 3RD QUARTER WINNERS



MICHAEL BONK
DAS FISCAL AFFAIRS

THE FIND

Light fixture with lower half missing globe
light on South end of hallway of 3rd floor.

THE FIX

The replacement panel was fixed and
completed.

SAFETY HAZARD / PROPERTY ISSUE PREVENTED

Safety and security of staff.

PRIZE
Golf Tickets

SUPERVISOR: Timothy Ochnikowski
PRIZE: Golf Tickets



LATOYA RENFRO
SHERIFF'S DEPARTMENT

THE FIND

Various lights out in release department
stalls.

THE FIX

Lights were replaced

SAFETY HAZARD / PROPERTY ISSUE PREVENTED

Safety and security of corrections staff.

PRIZE
Zoo Tickets

SUPERVISOR: Brandy Solomon & Scott Sobek
PRIZE: Zoo Tickets



MARY TURNER
AIRPORT

THE FIND

Cable and conduit tray racks had low hang-
ing thread rods and sharp corners.

THE FIX

Rods and sharp corners were fixed.

SAFETY HAZARD / PROPERTY ISSUE PREVENTED

Head constusion and lacerations due to low hangin thread rods and sharp corners.

PRIZE
Domes Tickets

SUPERVISOR: James Zsebe
PRIZE: Domes 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.