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MEMORANDUM #057---12HR

TO: Agency Administrators

FROM: Carolyn Horwich, J.D., Director of Human Resources

THROUGH: Rip Colvin, Executive Director

SUBJECT: Safety Notes for October 2012

DATE: November 8, 2012

Please find attached issues of *Safety Notes* from Risk Management. I am sure you will find them to be informative. Please feel free to distribute to other interested parties.

If you have any questions, please do not hesitate to contact Andy Snuggs at 850.488.2415, ext. 291, or at Andy.Snuggs@justiceadmin.org

Thank you.



Safety Notes

VOLUME 2, ISSUE 26

“What the public expects and what is healthy for an individual are two very different things.”

-Esther Williams

Below are some tips on how to avoid spreading and/or catching Influenza:

- Be sure to wash your hands thoroughly and often, after eating, using the bathroom and interacting with infected people.
- Stay home from work or school if sick.
- Cover your mouth when coughing, and cover your mouth and nose when sneezing.
- Do not share eating utensils, cups, or straws.
- Avoid touching your mouth, eyes, and nose.

Flu Season

October marks the start of Flu Season, with peak months between November and April. Vaccines have already begun to ship from manufacturers to hospitals. The priority recipients for flu vaccinations are infants between six and 23 months-old and the elderly (aged 65+).



Symptoms of Influenza include the following: a 100-degree or higher fever, a sore throat, a runny nose, headaches, body aches, chills, fatigue, nausea, and diarrhea. The flu is very contagious and can be spread through contact with an infected person or through the air. Last year, more than 100 deaths were attributed to the flu. Most of the victims were not vaccinated.

If you happen to contract the flu this season, it is very important to minimize contact with other people. Drinking fluids and resting will help restore your energy. Taking over the counter cold medicine will help relieve some of the symptoms.

Getting Started

The most effective way to prevent the flu is by getting the flu vaccine. As with many medications, you might be wondering if the vaccine is right for you and how to get it. The link below will take you to the CDC's Flu Vaccine Information page.



[Flu Vaccine Information](#)

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"Building strength in the back and core is one of the best ways to prevent back pain."

~ The Huffington Post

Safety Notes



VOLUME 1, ISSUE 20

Back Injury Fact:

Back injuries account for nearly 20% of all injuries and illnesses in the workplace and cost the nation an estimated 20 to 50 billion dollars per year.

Back Safety Tip:

Administrative controls include strength testing of existing workers, which one study showed can prevent up to one-third of work-related injuries by discouraging the assignment of workers to jobs that exceed their strength capabilities.

Back Safety

Preventing back injuries is a major workplace safety challenge. Back injuries are particularly prevalent for all workers, including health care workers, law enforcement officers, maintenance and facility workers, and even office employees and staff workers.

According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and according to STARS, the Division of Risk Management's claim management system, Florida agencies and universities spent over two million dollars on back injuries for the Fiscal Year 2011-2012.



Getting Started

During the August 28th Interagency Advisory Council (IAC) meeting, IAC members began looking at the topic of back safety and how safety coordinators can help prevent back injuries at their agencies or universities.

In this week's Safety Notes, we'll share with you why implementing a behavior-based back safety program may be the new approach you need to take to help your agency reduce claim costs and frequency from back injuries.



[Behavior-Based Safety Principles PowerPoint](#)

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"I never struggled with injury problems because of my preparation— in particular my stretching."

~ **Edwin Moses**

Here are examples of some stretches to avoid:

Toe Touches: Bending at the waist to touch your toes with your hands.

Torso Twists: Standing and twisting at the waist can be damaging to the spine if done in a sharp or jerking motion.

Inverted Stretches: stretches done upside down or with an inversion board. These can cause blood vessels to rupture.

Backbend: Placing your hands and feet on the floor, arching your back and tilting your head. This type of stretching can lead to herniated discs, as it puts unnecessary stress on the spinal discs.

Safety Notes

VOLUME 2, ISSUE 22



Stretching the Right Way

Exercise is one of the hallmarks of healthy living and improving workplace safety. As anyone who exercises can tell you, stretching before a workout is the best way to stay safe, energized and limber. What many people don't realize, however, is that there is actually a wrong way to stretch.



Static stretching (done in place while holding a specific position) is actually worse for your muscles than no stretching at all. These types of stretches actually cause muscles to tighten, making them more prone to injury. According to researchers at the Lenox Hill Hospital in New York, static stretching causes muscles to become less responsive, and stay that way for up to 30 minutes.

The better alternative is what's known as dynamic stretching, which involves activity-specific, movement-based stretching. This involves warming up the muscles that will be worked during your workout/exercise.

Getting Started

Proper stretching can both improve your workout and your general health. This week's link will list dynamic stretches used to substitute your exercise regiment. It also includes an instructional video to showcase the correct technique for each.



[Dynamic Stretching Routines](#)

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