



COUNTY OF FILLMORE Employee News

UPCOMING EVENTS:

JULY

- 2 Payroll Check Date
- 5 Independence Day (Holiday)
- 6 Commissioner Meeting
- 13 Commissioner Meeting
- 16 Payroll Check Date
- 27 Commissioner Meeting
- 30 Payroll Check Date

Surviving the HOT Weather

Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. The human body is constantly engaged in a life-and-death struggle to disperse the heat that it produces. If allowed to accumulate, the heat would quickly increase your body temperature beyond its comfortable 98.6° F.

Who is at risk?

Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity.

Those especially at risk:

- Infants, young children, elderly and pets
- Individuals with heart or circulatory problems or other long-term illness
- Employees working in the heat
- Athletes and people who like to exercise (especially beginners)
- Individuals taking certain medications that alter sweat production
- Alcoholics and drug abusers



HEAT EXHAUSTION is

characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration). Heat exhaustion affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.

Symptoms of heat exhaustion include:

- Severe thirst, fatigue, headache, nausea, vomiting and sometimes diarrhea.
- The affected person often mistakenly believes he or she has the flu.
- Uncontrolled heat exhaustion can evolve into heatstroke.

Other symptoms

- Profuse sweating
- Clammy or pale skin
- Dizziness
- Rapid pulse
- Normal or slightly above normal body temperature

What to do

1. Sit or lie down in the shade.
2. Drink cool water or a sports drink.
3. If persistent, gently apply wet towels and call for emergency medical help.

HEATSTROKE is the most serious and life-

threatening heat-related illness. In certain circumstances, your body can build up too much heat, your temperature may rise to life-threatening levels, and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it "cooks" the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

Symptoms of heatstroke

- The victim's body feels extremely hot when touched.
- Altered mental status (behavior) ranging from slight confusion and disorientation to coma.
- Conscious victims usually become irrational, agitated, or even aggressive and may have seizures.
- In severe heatstroke, the victim can go into a coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

What to do

1. Move person to a half-sitting position in the shade.
2. Call for emergency medical help immediately.
3. If humidity is below 75%, spray victim with water and vigorously fan. If humidity is above 75%, apply ice packs on neck, armpits or groin.

HEAT

CRAMPS are painful muscular spasms that happen suddenly affecting legs or abdominal muscles. They usually happen after physical activity in people who sweat a lot or have not had enough fluids.

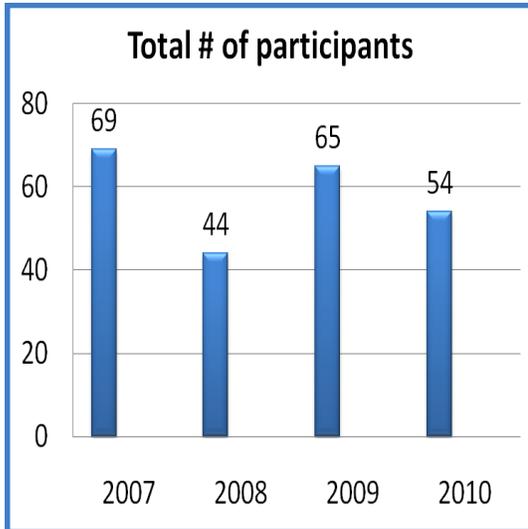
What to do

1. Sit or lie down in the shade.
2. Drink cool water or a sports drink.



Information and recommendations are compiled from sources believed to be reliable. The National Safety Council makes no guarantee as to and assumes no responsibility for the correctness, sufficiency or completeness of such information or recommendations. Other or additional safety measures may be required under particular circumstances. Last Revised: 04/09

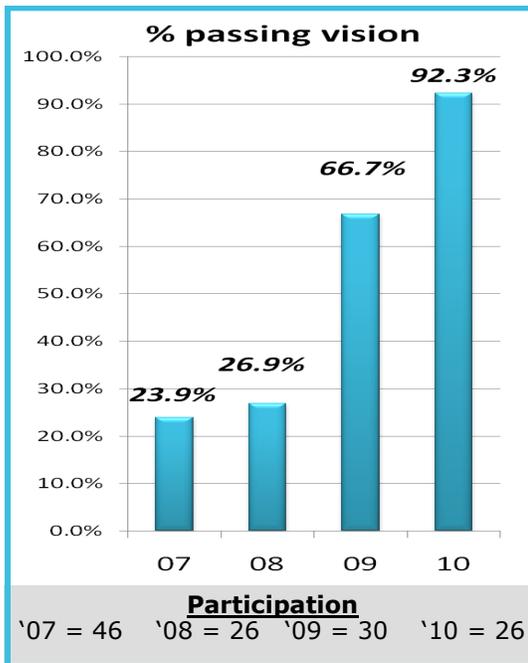
Employee Health Screening Summary



Fillmore County strives to find ways to positively impact the health and wellness of employees because our success as a County depends greatly on the productivity, work performance, and satisfaction of staff.

Since 2007, Employee Health Screening days have offered employees the opportunity to participate in **FREE** vision, hearing, flexibility, body mass index, blood pressure, glucose, and cholesterol testing. Health Insurance Portability and Accountability Act (HIPAA) standards have been maintained throughout the process to ensure employee privacy.

This is a result summary to show participation levels and areas of concern. Current areas of concern are flexibility, diabetes, blood pressure, and Cholesterol. We encourage employees to review their result cards for individual areas of concern and to keep cards from year to year for comparison. The result card you receive is the **ONLY** place individual results are kept.



Vision

Vision tests check many different functions of the eye. The tests measure your ability to see details at near and far distances, check for gaps or defects in your field of vision, and evaluate your ability to see different colors.

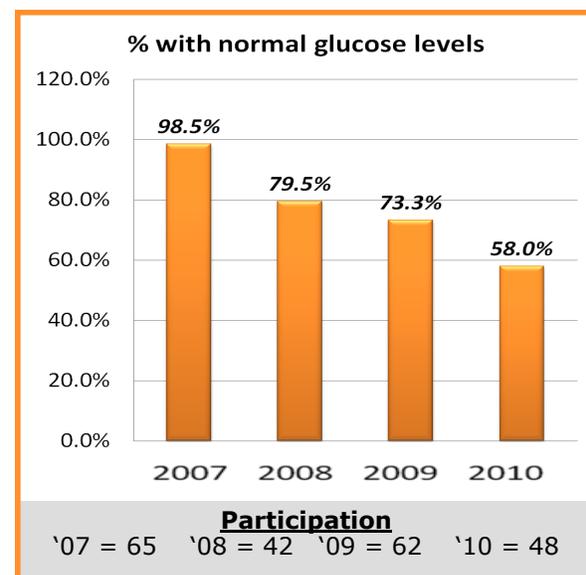
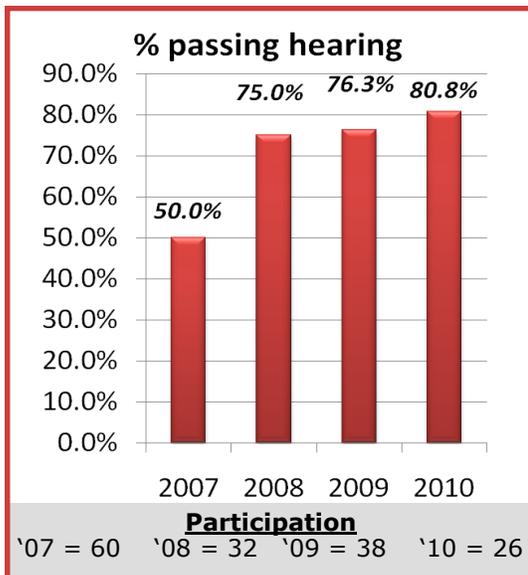
The type of test done on our Health Screening Days is Visual Acuity Test which measures the eye's ability to see details and different distances. Optometrists may conduct visual acuity, refraction, visual field, and color vision tests to determine if any corrective measure is needed and the type.

Hearing

A hearing test determines whether or not a hearing loss is present. Hearing professionals can determine the kind and degree of hearing loss for each ear individually and find corrective solutions.

Glucose (blood sugar)

Ideal glucose test results vary depending on whether the participant fasted or not. Information on understanding your results is available on the Mayo Clinics website <http://www.mayoclinic.com/health/blood-sugar/SA00102> or through most healthcare providers.



If you believe you are at risk for pre-diabetes or diabetes, websites such as <http://www.diabetes.org> and <http://www.diabetes.org/pre-diabetes.jsp> offer valuable information.

Blood Pressure

The force of blood pushing against the walls of the arteries as the heart pumps out blood is called “blood pressure”. This blood pressure can damage the body in many ways if it rises and stays high over time. Even when you’re feeling fine, it is important to know your blood pressure numbers so that you will have a reference to compare. Normally, blood pressure should stay less than or equal to 120/80 mmHg. For those people who have diabetes or chronic kidney disease, high blood pressure is defined as 130/80 mmHg or higher. **Blood Pressure checks are available Mondays from 1:00-3:00 p.m. in the Public Health Department.**

Cholesterol

You must take all readings into consideration when looking at your cholesterol level.

Total Cholesterol levels

- ♥ A desirable level is less than 200 mg/dL (5.17 mmol/L)
- ♥ Levels between 200 mg/dL and 239 mg/dL (5.17–6.18 mmol/L) are considered borderline for high cholesterol.
- ♥ Levels at or above 240 mg/dL (6.21 mmol/L) are considered high total cholesterol levels.

High Density Lipoproteins –HDL

HDL are considered to be the “good cholesterol” because HDL’s role in the body is to take cholesterol to the liver for degradation or processing.

- ♥ Any HDL level above more than 60 mg/dL (1.56 mmol/L) is considered high.
- ♥ An acceptable HDL range is between 40- 60 mg/dL (1.04–1.56 mmol/L).
- ♥ An undesirable level of HDL is any level below 40 mg/dL (1.04 mmol/L). In this case, low HDL levels may help to contribute to heart disease.

Low Density Lipoproteins - LDL

Low density lipoproteins (LDL) are considered to be the "bad cholesterol". This type of cholesterol tends to linger and has been connected with various types of heart disease. The current guidelines for LDL levels are:

- ♥ LDL levels less than 100 mg/dL (2.6 mmol/L) are considered optimal.
- ♥ LDL levels between 100 – 129 mg/dL (2.6–3.34 mmol/L) are considered near or above optimal.
- ♥ LDL levels between 130 – 159 mg/dL (3.36–4.13 mmol/L) are considered borderline high.
- ♥ LDL levels between 160 – 189 mg/dL (4.14 - 4.90 mmol/L) are considered high.
- ♥ LDL levels at or above 190 mg/dL (4.91 mmol/L) are considered very high.

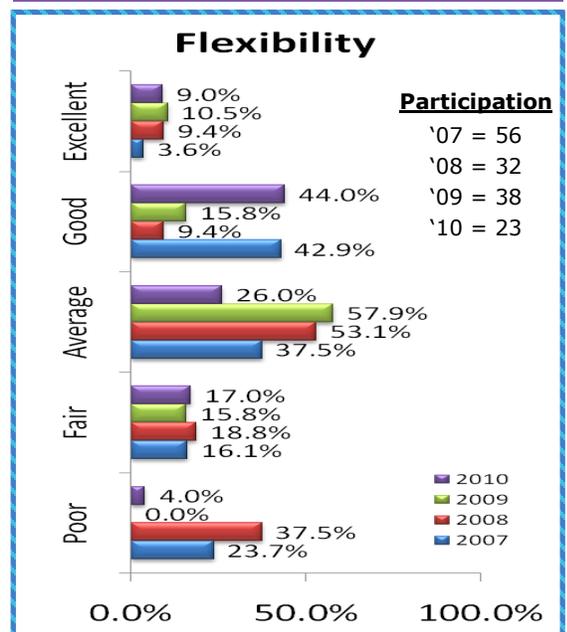
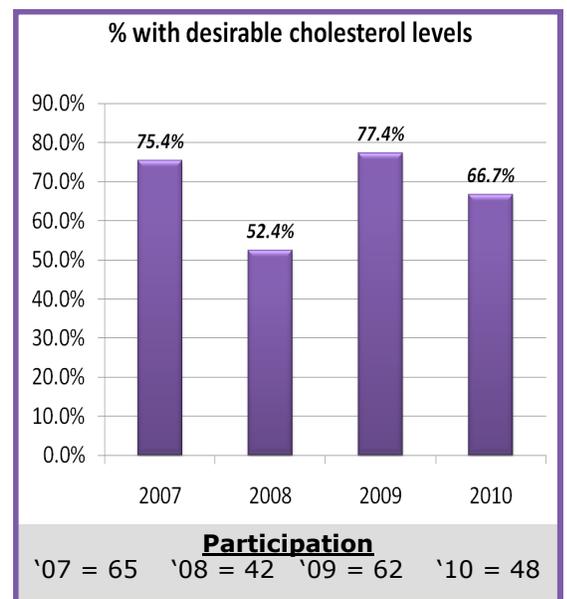
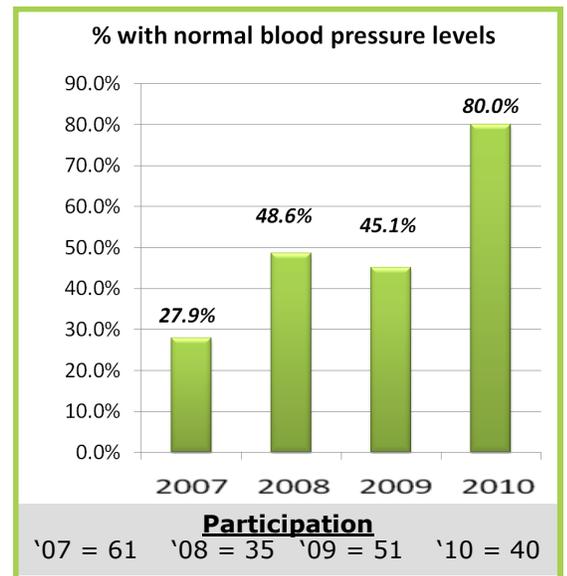
Triglyceride Levels

Elevated levels of triglycerides are also a risk factor for heart disease. According to the National Heart, Lung, and Blood Institute:

- ♥ Triglyceride levels should be below 150 mg/dL (1.69 mmol/L).
- ♥ Levels between 150 mg/dL (1.69 mmol/L) and 199 mg/dL (2.25 mmol/L) are considered borderline high.
- ♥ Levels between 200-499 mg/dL (2.26-5.63 mmol/L) are considered high.
- ♥ Levels above 500 mg/dL (5.64 mmol/L) are considered extremely high.

Flexibility

Keep your muscles and ligaments flexible to reduce chances of chronic pain. Flexibility helps to balance muscle groups. Stretching will improve your flexibility and reduce your chances of slipping or falling.



County Fleet Vehicle Policy Reminder

- Employees **must possess a valid driver's license** to operate a county vehicle or be reimbursed for use of personal vehicle for official business.
- A **copy of the license** will be placed in each employee's personnel file.
- Employees attending the same function should **share** transportation and accommodations when it is practical to do so.
- The use of a County vehicle is for **authorized County business** or specifically authorized commuting. Unauthorized personal use of a County vehicle may be grounds for disciplinary action.
- Fuel should be **obtained from the Highway department** with cards issued by Highway. If a refill is needed during the trip, fuel can be charged with the County credit card that can be reserved according to County policy. The vehicle should be refilled with fuel prior to its return to storage.
- Every employee using a County pool vehicle is responsible for keeping the interior of the vehicle in a **neat and clean condition**. Wash the car and clean the interior as needed.
- **No tobacco use is allowed in any County vehicle.**
- **Safety belts** shall be used in accordance with law.
- Any **accidents shall be reported** to the Department Head or his/her designee immediately.

This is only an excerpt from policy. Employees are responsible for knowing, understanding and following Fillmore County Policies. If you have a question ask for clarification. The Fillmore County Fleet Vehicle Policy can be found on page 74 of the current [Policy and Procedure Manual](#).

Swap & Shop Reminder

*Have office supplies that you or others in your office aren't using?
Don't trash them – swap them!*

Item examples: binders, paper clips, pens, pencils, binder clips, highlighters, markers, sliding bar report covers, portfolios, notepads, binding combs, business card paper, binder indexes, calculators, ribbons, envelopes, paper, labels, etc...

Contact [Audrey Inglett](#) for more information.

Healthy Potluck Idea

Summer Fresh Spinach Salad

Prep Time: 15 min

Makes: 10 servings, 1 1/4 cups each

What You Need

- 2 pkg. (9 oz. each) baby spinach leaves
- 6 small ripe peaches, thinly sliced
- 1 red onion, halved, thinly sliced
- 1 cup PLANTERS Pecan Pieces, toasted
- 1 cup KRAFT Shredded Parmesan Cheese
- 1 bottle (8 oz.) KRAFT Light Raspberry Vinaigrette Dressing

Make It

TOSS all ingredients lightly in large serving bowl. Serve immediately.

Kraft Kitchens Tip

How to Keep Peaches from Browning

To keep peaches from turning brown before serving, toss in a separate bowl with 3 Tbsp. of the dressing, then add to salad.

For instructions on how to toast the nuts and nutritional information check out: <http://www.kraftrecipes.com/recipes/summer-fresh-spinach-salad-113507.aspx>

EMPLOYEE NEWS

Been on vacation?

Celebrating a birthday, wedding or anniversary?

New addition to the family?

You're invited to share your joys!

Please submit items to astinson@co.fillmore.mn.us