



Safety Sentinel



Fond du Lac County Safety Committee Mission Statement

It is the Fond du Lac County Safety Committee's mission to provide safety awareness, education, and advocacy to all Fond du Lac County employees, while recognizing it is both the employer and employee's responsibility to maintain a safe work environment.

March 2018

Keep the Office Fridge Clean and Safe

Is your shared office refrigerator filled with mystery items, funky smells and 5-month-old yogurt? It's time to take action.



Proper temperature

Refrigerators should be kept at 40° F or colder to best slow bacterial growth in foods. Avoid storing food in temperatures between 40° F and 140° F – this range is considered the “danger zone” where

bacteria growth can double in just 20 minutes, according to [Foodsafety.gov](http://www.foodsafety.gov).

Set freezers at a temperature of 0° F. Regularly check refrigerator and freezer temps with kitchen thermometers.

For a detailed chart showing the safe storage times for refrigerators and freezers, visit www.foodsafety.gov/keep/charts/storagetimes.html.

If perishable food has been left in your office's refrigerator for more than a week, throw it out. Clean up spills immediately using hot soapy water.

Food storage tips

Regarding food storage, <http://www.foodsafety.gov> recommends following these four tips:

1. Read food labels for storage recommendations. Items such as mayonnaise, ketchup and other condiments should be refrigerated after opening. If an item hasn't been properly refrigerated, don't risk it. It's best to toss it.

2. Be mindful of expiration dates. If a food item is past its use-by date or the food looks questionable, throw it out.
3. If food looks or smells funny, or you can see mold forming, discard the item.
4. Make cleaning the refrigerator a shared responsibility at your office. Circulate these safety tips among your co-workers who may be unaware of the importance of maintaining a clean fridge.

Source: <http://www.safetyandhealthmagazine.com>

Well Water Testing

Fond du Lac County Health Department

Have you tested your well water lately? The DNR recommends you test your private well at least once a year. The Fond du Lac County Health Department provides bottles to test for bacteria and nitrates in your well water at minimal cost:

\$41.00 for bacteria and nitrates

\$22.00 for bacteria only

\$19.00 for nitrates only

Remember: even if your water looks, tastes, and smells fine, it can contain bacteria and viruses!

MAKE SURE TO TEST!

For more information on testing and to watch our video on how to properly collect a water sample, [click here](#).



Emergency Preparedness - Floods

Red Cross has a [step-by-step action plan](#) for protecting your family from the stress and health hazards that follow a flood, and protecting your home from further damage.

Keep You and Your Family Safe Before, During and After a Flood

Floods are the most common natural disaster in the United States. Anywhere it rains, it can flood. Everyone is at risk. In fact, homeowners in high-risk flood areas have a 26% chance of experiencing a flood during the life of a 30-year mortgage.

Many circumstances can cause flooding:

- Seasonal events such as spring thaws or ice jams
- Hurricanes and tropical storms
- After a wildfire

Before the Flood

To prepare for a flood, you should ...

- Build an [emergency kit](#).
- Make and practice a [family emergency plan](#). Plan and practice flood evacuation routes from home, work and school that are on higher ground.
- Get [flood insurance](#).
 - Flood damage is not typically covered by homeowners insurance.
 - It is a good idea to get flood insurance even if your home is in a low-risk area. The lower the risk, the lower the insurance premium.
- Elevate the furnace, water heater and electric panel in your home if you live in an area that has a high flood risk.

During the Flood

If a flood is likely in your area, you should ...

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

If you must prepare to evacuate, you should ...

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical

appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, you should ...

- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, turn around and go another way. Six inches of moving water can sweep you off your feet. If you have to walk in water, walk where the water is not moving.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. Most vehicles can be swept away by less than two feet of moving water.



After the Flood

Returning to your home

- Return home only when authorities indicate it is safe.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.
- Stay out of any building if it is surrounded by floodwaters. Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Keep children and pets away from hazardous sites and floodwater.

Cleaning up and repairing your home

- Before entering your home, look outside for loose power lines, damaged gas lines, foundation cracks or other damage.
- Parts of your home may be collapsed or damaged. Approach entrances carefully. See if porch roofs and overhangs have all their supports.



- If you smell natural or propane gas or hear a hissing noise, leave immediately and call the fire department.
- Turn off the electricity at the main breaker or fuse box, even if the power is off in your community. That way, you can decide when your home is dry enough to turn it back on.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots. Dry or discard wet items within 24-28 hours to [avoid mold](#).
- If using portable generators or power washers, follow precautions to prevent carbon monoxide poisoning.
- If you hire cleanup or repair contractors, check references and be sure they are qualified to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home.

Make sure your food and water are [safe](#). Listen for news reports to learn whether the community's water supply is safe to drink and discard items that have come in contact with floodwater.

Know the Difference

Flood Watch: Flooding is possible in your area.

Flood Warning: Flooding is already occurring or will occur soon in your area. If advised to evacuate, do so immediately.

Flash Flood Watch: Flash flooding is possible in your area. Be prepared to move to higher ground.

Flash Flood Warning: Flash flooding is already occurring or will occur soon in your area. Seek higher ground on foot immediately.

Driving in a Flood

Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.

One foot of water will float many vehicles.

Two feet of rushing water can carry away most vehicles including SUVs and pick-up trucks.

Do not attempt to drive through a flooded road.

The depth of water is not always obvious. The road bed may be washed out under the water and you could be stranded or trapped.

<http://www.nsc.org/learn/safety-knowledge/Pages/Flood-Preparedness.aspx>

Diggers Hotline

Diggers Hotline is a free not-for-profit one-call locating service for identifying the location of buried utility facilities. It provides excavators and the general public with the ability to inform multiple owners of underground facilities of intended non-emergency excavation via a single telephone call.



An advance call to Diggers Hotline will allow the utilities time to locate and flag underground facilities. You are required by Wisconsin law to allow three working days before digging or excavating. This is mandatory as a safety precaution, as well as to avoid disruption of utility services and costly damage to facilities. In Wisconsin, call 811 or 1-800-242-8511. Diggers Hotline is open 24 hours a day, 7 days a week, 365 days a year.

Top Reasons to Contact Diggers Hotline:

1. **Safety** - Safety first we always say. Before digging, you should always know what's below for the safety of you, your family, neighbors and the general public. There are numerous factors that could cause buried utility lines to shift and come closer to the surface. So even if you think you know where lines are, one free call can help avoid a potentially dangerous situation.
2. **Money** - Identifying underground lines can save you big time in potential costs! If you accidentally damage an underground facility, as a homeowner you are responsible for the cost of any damage and replacement lines. So why risk it? Make the call!
3. **It's the law** - The headline says it all. Wisconsin State law requires all homeowners and/or contractors to contact Diggers Hotline before any digging that disrupts the ground's surface.
4. **It's completely free** - What's free anymore? When you find something free that can save you money and prevent potential injuries...why wouldn't you do it? Make the call and we'll handle having your lines marked free of charge.

Source: www.diggershotline.com



Spring: A Great Time to Review Your Safety Checklist

With spring comes a feeling of renewal. Many people begin cleaning out their basements and garages. Windows are opened, flowers bloom and the days grow longer.

When you set your clocks forward, the National Safety Council reminds you also to review a safety checklist for your home.

Smoke Alarms save lives – if they are powered by a fresh battery. You should test them every month to make sure they work and [replace the battery at least once a year](#), according to the National Fire Protection Association. If the alarm makes a "chirping" sound, replace it immediately.

Smoke alarms should be located in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Did you know smoke alarms can be interconnected wirelessly? That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like [Underwriters Laboratories \(UL\)](#).

Three out of every five home fire deaths resulted from fires in homes with no smoke alarms, according to NFPA.

Carbon Monoxide Detectors (CO) is an invisible, odorless gas, and it can kill you. Anything in the home that burns fuel can potentially become a source of carbon monoxide. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible.

Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Family Emergency Plan - The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members to make sure they know what to do.

Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon per day of water for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the [FEMA website](#) for a complete list.



The emergency plan also should include:

- A communications plan to outline how your family members will contact one another if they are not in the same place and where you should meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting
- A getaway plan including various routes and destinations in different directions

What Else Should You Do This Spring?

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you, update your first-aid kit and, most of all, get outside and have fun!

Source: <http://www.nsc.org/>

Safety Suggestions

Please share any safety concern or suggestion. Submit via inter-office marked "Safety Suggestion," give to a Safety Committee member, or put in Safety Suggestion Box at the City/County Govt. Center, 4th floor lobby.



Tornadoes

Know the Terms

Tornado Watch

Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio All Hazards, commercial radio, or local television for information.

Tornado Warning

A tornado has been sighted or indicated by weather radar. Take shelter immediately.

Tornado Facts

Tornadoes are nature's most violent storms. Its whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard.

Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible.

Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

- ◆ Wisconsin averages 21 tornadoes a year.
- ◆ The peak tornado season in Wisconsin is April to August, but tornadoes can occur any time of year.
- ◆ Tornadoes can occur any time during the day or night, but are most frequent between 4 p.m. and 9 p.m.
- ◆ About 80% of tornadoes that hit Wisconsin are relatively weak, with winds under 100 mph. Only 1% are violent with winds over 200 mph.



- ◆ They may strike quickly, with little or no warning.
- ◆ They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- ◆ The average tornado moves southwest to northeast, but tornadoes have been known to move in any direction.

The average forward speed of a tornado is 30 MPH, but may vary from stationary to 70 MPH.

What to do Before a Tornado

- ◆ Be alert to changing weather conditions.
- ◆ Listen to NOAA Weather Radio All Hazards or to commercial radio or local television newscasts for the latest information.
- ◆ Look for approaching storms
- ◆ Look for the following danger signs:
 - ◊ Dark, often greenish sky
 - ◊ Large hail
 - ◊ A large, dark, low-lying cloud (particularly if rotating)
 - ◊ Loud roar, similar to a freight train.





Are You **READY** WISCONSIN?

✓ Get a Kit

✓ Make a Plan

✓ Be Informed

Tornadoes

If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

If you are:	Then:
Inside a building without a basement	Move to a small interior room or hallway on the lowest floor and get under a sturdy table. Put as many walls as possible between you and the storm. Stay away from windows.
Inside a mobile home or trailer	Leave and go to the designated storm shelter or the lowest floor of a sturdy nearby building.
In a forest	Seek shelter in a low area under a thick growth of small trees.
In an open area	Go to a low place such as a ravine or valley. Be alert for flash floods.
On open water	Get to land and find shelter immediately.
Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.

For more information on emergency preparedness, please visit our website at <http://ready.wi.gov>.

You'll find guidance on:

- Getting a Kit — of emergency supplies for your home, car and workplace.
- Making a Plan — to communicate with and locate your loved ones during an emergency.
- Being Informed — about the types of emergencies that occur and the safety measures you should take.

You can also get additional information from your county emergency management director.

◆ ————— ◆

Wisconsin Emergency Management
<http://ready.wi.gov>
 Phone: 608-242-3232 Fax: 608-242-3247





NOMINATE A COWORKER FOR A HIGH FIVE AWARD



The Fond du Lac County Safety Committee Invites You to Nominate A Co-worker For A "High Five Award". Have you noticed a co-worker go above and beyond the normal scope of duties to help the department, the public or the county overall. Nominate them for a "High Five Award" and the Safety Committee will give them the recognition they deserve in the safety newsletter and with a gift card. (*Awards of gift cards will be based on the merits of the idea or action while supplies last.)

Some examples are:

Safety Related:

- Reporting or eliminating a trip or fall hazard
- Reporting or eliminating an overhead danger
- Reporting or eliminating a defect in equipment or safety features.
- Reporting or eliminating practices that could potentially endanger the safety of the staff or the public.

Non Safety Items:

- Go above and beyond to help the public or the department.
- Suggesting new ways to reduce waste.
- Suggesting new ways to perform a task or duty.
- Being a leader in a department project or idea.

I would like to Nominate: _____

Department: _____

Reason Why: _____

Nominator: _____

Department: _____

***Please Submit Nominations to the Fond du Lac County Human Resources Department**

Fond du Lac County Safety Committee

David Brandenburg, Golf Course
 Linda Chandler, Purchasing/Risk Management
 Ken Fischer, Land & Water Conservation
 Richard Gedemer, Dept. of Social Services
 Heather Heus, Harbor haven
 Bobbi Hicken, Emergency Mgmt.
 Diane Immel, Clerk of Courts
 Tom Janke, Highway
 Ann Kaiser, UW-Extension

Rick Kiefer, Central Maintenance
 Michael Marx, Human Resources
 Kim Mueller, Public Health
 Mark Radmer, Health Care Center
 Ray Sharp, Health Care Center
 Jill Triatik, Dept. of Social Services
 Sam Tobias, Planning and Parks
 Ryan Waldschmidt, Sheriff's Dept.
 Karen Warren, Wellness



SELF DEFENSE PERSONAL SAFETY TRAINING



Fond du Lac County Safety Committee,
in conjunction with the Sheriff's Office,
will be offering self-defense/personal safety training
to interested County employees (classroom only).

When: Tuesday, May 8, 2018, from 12:00-1:00 pm
Located in Room D-13 at DSS

and

Tuesday, May 15, 2018, from 12:00-1:00 pm
Located in Room F at the Govt. Center

