

JIF NEWS

A Quarterly Newsletter from the Somerset County Joint Insurance Fund featuring Safety, Health & Wellness



Distracted driving is a public health issue that affects us all. The latest statistics show motor vehicle fatalities are up 6% from 2015. More than 40,000 people were killed on our nation's roadways last year, and distracted driving is a major contributor. Each death is 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features – all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever.

Webinar: Engaging Ways to Address Distracted Driving at Work | NSC Senior Program Manager Lisa Robinson and Medstar Risk and Safety Manager Shaun Curtis will present a free webinar, Engaging Ways to Address Distracted Driving at Work, on Thursday, April 19, 2018. With car crashes the No. 1 cause of workplace death – and distracted driving a leading cause of crashes – you can learn how workplaces can help address this problem in a way that engages employees. The webinar will be held at 11 a.m. Central Time.

Thunderclap! | At 8 a.m. Central Time Monday, April 2, with your participation, we will host a special social media promotion. Thunderclap will release a uniform message with the goal to get #justdrive trending.

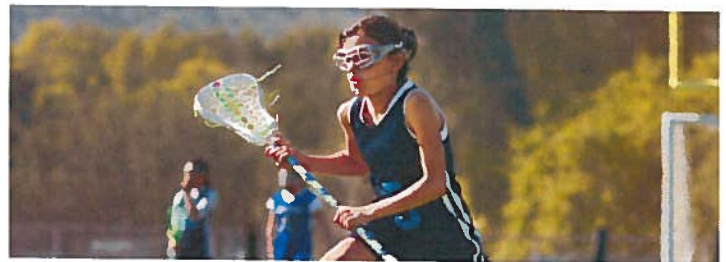
Pledge to Drive Cell Free | You can pledge to your children or other loved ones that you will be an attentive driver. Share your pledge on social media if you like.

You'll soon be able to pre-register for our free resources and be the first one to receive them when they are ready this spring.

Membership is the Right Choice | NSC members get even more materials to help promote National Safety Month. Not a member? Go to below website to join.

For more information go to: www.nsc.org/learn/NSC-Initiatives/Pages/distracted-driving-awareness-month.aspx

EYE HEALTH IN SPORTS AND RECREATION



Tens of thousands of sports and recreation-related eye injuries occur each year. The good news is that 90 percent of serious eye injuries are preventable through use of appropriate protective eyewear.

The risk of eye injury can vary depending on the activity. Make sure the level of eye protection you or others in your family use is appropriate for the type of activity. Regular eyeglasses do not offer proper eye protection.

High Risk Sports: For all age groups, sports-related eye injuries occur most frequently in baseball, basketball and racquet sports. Boxing and full-contact martial arts pose an extremely high risk of serious and even blinding eye injuries. There is no satisfactory eye protection for boxing, although thumbless gloves may reduce the number of boxing eye injuries.

In baseball, ice hockey and men's lacrosse, a helmet with a polycarbonate (an especially strong, shatterproof, lightweight plastic) face mask or wire shield should be worn at all times. It is important that hockey face masks be approved by the Hockey Equipment Certification Council or the Canadian Standards Association (CSA).

Protective eyewear with polycarbonate lenses should be worn for sports such as basketball, racquet sports, soccer and field hockey. Choose eye protectors that have been tested to meet the American Society of Testing

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EYE HEALTH (CONT.)

(ASTM) standards or that pass the CSA racquet sports standard. See the EyeSmart Protective Eyewear page for additional details.

If you already have reduced vision in one eye, consider the risks of injuring the stronger eye before participating in contact or racquet sports, which pose a higher risk of eye injury. Check with your ophthalmologist to see if appropriate eye protection is available and whether or not participating in contact or racquet sports is advised.

Other Risky Leisure Activities

While sports account for a particularly high number of eye injuries, they are by no means the only hobby that poses a risk to your sight. According to physicians surveyed for the 2008 Eye Injury Snapshot conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma, more than 40 percent of patients treated for eye injuries sustained at home were involved in home repairs, yard work, cleaning and cooking. Use common sense and err on the side of caution, whatever the activity.

- Consider the risk of flying debris or other objects during activities and wear appropriate eye protection.
- Remember that eyeglasses aren't sufficient protection.
- Be careful during activities or games involving projectiles and other sharp objects that could create injury if in contact with the eye. For example, the U.S. Eye Injury Registry indicates that fishing is the number one cause of sports-related eye injuries.
- If you wear contacts or eyeglasses, pack a back-up form of vision correction during bike trips or other activities where you could lose or shatter a lens.

If an eye injury occurs, see an ophthalmologist or go to the emergency room immediately, even if the eye injury appears minor. Delaying medical attention can result in permanent vision loss or blindness.

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal, fish
160°F	hamburgers and other ground meat
165°F	poultry

Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

www.cdc.gov/foodsafety

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DOUBLE CHOCOLATE STRAWBERRY MUFFINS

Ingredients

- 2 cups flour
- ¾ cup cocoa powder
- ¾ cups sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup fresh strawberries, chopped in bite sized pieces
- 1¼ cup milk
- 2 eggs
- ½ cup butter, melted
- 1 teaspoon vanilla
- 1 cup chocolate chips

Instructions

- Preheat oven to 350 degrees, line your muffin pans with liners or grease.
- Mix all dry ingredients in a large bowl, stir in strawberries until coated.
- In a separate bowl, beat eggs. Whisk in milk, melted butter, and vanilla.
- Add wet mixture to dry mixture and mix with a silicone spoon until combined. Fold in chocolate chips.
- Use a ice cream scoop to evenly divide the batter among the muffin pans.
- Bake for 13-15 minutes or until a toothpick inserted in the center of muffin comes out clean.
- Allow to cool on a cooling rack and enjoy with a tall glass of milk.

