

IN THIS ISSUE:

- KING to Sponsor 2013 Workers' Compensation Seminar
- Winter Depression (SAD) Affects Many
- CDC Says "Take 3" Actions to Fight the Flu
- Start Planning for Winter Slips, Trips and Falls Today

KING TO SPONSOR 2013 WORKERS' COMPENSATION SEMINAR

KING is pleased to sponsor the Annual Workers' Compensation Seminar. This year's highlights include an update on legal/case law update, infectious disease and workers' compensation, pre-employment medical investigation and more!

All KING members are encouraged to have a representative attend this important event. Administrators and nurses will receive continuing education credits for attending the entire seminar.

Who Should Attend?

Human Resource Professionals, Administrators, Nurses and any staff responsible for workers' compensation should attend.

November 15, 2013 9:15 AM-3:30PM
Doubletree by Hilton Hotel-Wichita Airport
2098 Airport Road, Wichita, KS

Visit the Leading Age Kansas website to register: www.leadingagekansas.org.

WINTER DEPRESSION (SAD) AFFECTS MANY

Seasonal affective disorder occurs at the same time every year. If you're like most people with SAD, your symptoms start in the fall and may continue into the winter months, sapping your energy and making you feel moody.

Winter-onset SAD symptoms include: depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, weight gain, and difficulty concentrating.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk you have to tough out on your own. Addressing the problem can help you keep your mood and motivation steady throughout the year.

What Can You Do?

- **Make your environment sunnier and brighter.** Open blinds, add skylights, trim tree branches that block sunlight and sit closer to bright windows.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help.
- **Exercise regularly.** It is common to not get as much exercise during winter months as you would during warmer months. Make a real effort to keep up your exercise regimen whether that's joining a gym, working out at home, or walking daily.



CDC SAYS “TAKE 3” ACTIONS TO FIGHT THE FLU

1. Take time to get a flu vaccine.

- The CDC recommends a yearly flu vaccine as the *first and most important step* in protecting against flu viruses.
- Everyone 6 months of age and older should get a flu vaccine as soon as the current season’s vaccines are available.
- Vaccination is also important for health care workers, and other people who live with or care for high risk people to keep from spreading the flu.



2. Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

3. Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines and are not available over-the-counter.
- Antiviral drugs can make the illness milder and shorten the time you are sick.

START PLANNING FOR WINTER SLIPS, TRIPS AND FALLS TODAY

Winter is right around the corner and we can expect some cold, wet, snowy, and icy conditions. It is best to start planning for and gearing up to address these conditions early, before they arrive.

KING provides new resources for you to consider on the KING Online Resource Library:

1. “Employer’s Guide to Winter Slips, Trips and Falls”

This one page handout is perfect for use during a safety meeting, in-service, or safety committee meeting. It highlights what winter hazards to expect, addresses employee safe practices and reminds employees to step carefully and use the “Penguin Shuffle”.

2. “Prevent Winter Slips and Falls”

As the temperature drops, the number of slips and falls rise. Winter’s wet and icy conditions are dangerous and employers need to take the right precautions to prevent employees from falling. Use these suggestions to help keep your employees slip-and-fall-free this winter.

3. “Ice and Snow Management Log”

This handy tool allows maintenance teams to plan, track, and manage snow and ice removal activities during winter months.

Editor’s Note:

The KING Safety Matters newsletter is published to provide general safety information. It is not a substitute for adequate safety training, or intended to provide complete safety information or training, on any specific subject. The information contained herein is intended to assist safety efforts, and increase safety awareness.

In order to ensure the contents of the newsletter are helpful and important to you, please feel free to send comments, suggestions and feedback to:

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