

February 2018

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Playing Sudoku regularly can have benefits, like boosting your concentration and focus, preventing or easing depression and possibly even preventing dementia and Alzheimer's disease, according to some studies.

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News







Risk Management would like to welcome two new employees to the School District.

Tom Watkins—Health and Safety Specialist. Tom moved to FL from Kentucky two years ago. He was ready for some warmer weather! He has an AS in electronics. His past experience includes Williamstown Independent Schools where he was an Administrative Assistant in an ESE classroom. He also worked for a company in Ohio for approximately 14 years. The major part of his job was safety. He was responsible for safety inspections, OSHA standards, and trained all personnel on safety. Recently he completed the HVAC program at the WTC. Tom is a proud dad of a daughter who attends CF and is working on her ESE teaching degree. Tom is very excited to be here and is up for the new challenges. You will see Tom around the schools doing safety inspections, SREFS, and accident investigations.

Valerie Duke—District Secretary. Val was born in Maryland. Her dad was in the Air Force so she moved around a lot. When her dad retired they moved to Citrus County. She attended Floral City Elementary, Inverness Middle and Citrus High School. After graduation she moved to Lake Wales, FL. She was in sales for 20 plus years. She moved back to Citrus County and is very excited to have the opportunity to work for Citrus County Schools. She has reunited with many past friends that also work for Citrus County Schools. Val is a proud mom of her son, Parker, that graduated from the UF College of Dentistry.











Scott Wagner worked for the Citrus County School District for over 21 years. He retired in December. He will surely be missed! Scott and his wife Tessa, also a former Citrus County School District employee are going to start traveling and seeing the States. We wish him much happiness in this next chapter of his life.

Thank you Scott for your years of service and dedication to the Citrus County School District.

WORKERS COMP



.....to the following schools for having no Work Comp accidents. These schools earned recognition for their safe practices.

1st quarter

Academy of Env Science/Marine Science Station Technology Resource Center/Information Services Floral City Elementary School Homosassa Elementary School Central Ridge Elementary School Crystal River Primary School Citrus Springs Middle School 2nd quarter

Academy of Env Science/Marine Science Station Technology Resource Center/Information Services Maintenance

Homosassa Elementary School Central Ridge Elementary School Lecanto Middle School Hernando Elementary School Citrus Springs Elementary School CREST

3rd quarter

4th quarter











Preventing slips, trips and falls

A slip, trip or fall at work can lead to injuries – and even death. In 2013, injuries from slips, trips and falls resulted in 229,190 cases involving days away from work, and 724 workers died, according to the 2016 edition of the National Safety Council chartbook "Injury Facts."

These sobering statistics are a stark reminder that workers need to know how to prevent slips, trips and falls. Here, the Canadian Center for Occupational Health and Safety explains the differences between slips and trips, and offers advice on how to prevent falls and stay safe.

Slips and trips

Slips happen when there isn't enough friction or traction between your feet and the surface you're walking on. Common causes of slips include wet or oily floors, spills, loose or unanchored mats, and flooring that lacks the same degree of traction in all areas.

Trips happen when your foot strikes an object, causing you to lose your balance. Workers trip due to a variety of reasons, including clutter in walkways, poor lighting, uncovered cables, drawers being left open and wrinkled carpeting or rugs.

To help prevent slips and trips, the following is recommended:

- Clean up spills immediately. If a spill can't be cleaned up right away, place "wet floor" warning signs for workers.
- Keeps walkways and hallways free of debris, clutter and obstacles.
- Keep filing cabinets and desk drawers shut when not in use.
- Cover cables or cords in walkways.
- Replace burnt-out light bulbs promptly.
- Consider installing abrasive floor mats or replacing worn flooring.
- Encourage workers to wear comfortable, properly fitted shoes.

Falls

The Center for Disease Control and Prevention states that falls can happen in all occupational settings, and "circumstances associated with fall incidents in the work environment frequently involve slippery, cluttered or unstable walking/working surfaces; unprotected edges; floor holes and wall openings; unsafely positioned ladders; and misused fall protection."

To reduce the risk of falling at work, pay attention to your surroundings and walk a pace that's suitable for the surface you're on and the task you're performing. Additionally, walk with your feet pointed slightly outward, make wide turns when walking around corners and use the handrails on stairs.









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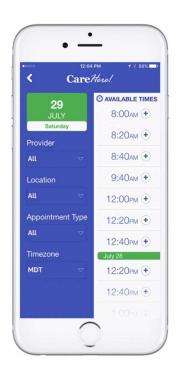


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Google Play App Stores.

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Cherise K. Cernich

Director of Risk Management and Employee Relations

Risk Manager
Safety and Security
Emergency Planning Council
Employee Benefits
Health Insurance



Kim Van Etten
Employee Benefits Specialist
Health Insurance &
Group Benefits
Disability Insurance Claims
Student Insurance
New Hire Benefits Enrollment



Kayla Nelson
District Secretary
Health Insurance &
Group Benefits
403b Information
Wellness Center Information



Valerie Duke
District Secretary
Secretary to Risk Manager
& Code Compliance
Office Receptionist
Daily Office Procedures



Melinda Buckingham
Claims Management Specialist
Worker's Compensation
Sick Leave Bank
Liability Insurance
Property and Casualty Insurance



Greg Covino
Environmental Safety Project Leader
Coordinate Safety & Equipment Inspections
Installation & Inspection of Playground Equip.
Evacuation Drills



Tom Watkins
Health & Safety Specialist
SREF Inspections
Worker's Comp Investigations
Health & Safety Investigations



CONTACT INFORMATION

Combined Benefits Group 800.749.6458

Employee Benefit Portal: www.mybenefitshub.com/citruscountysb

Enrollment/Benefit Plan Information		1-6
Employee Benefits Specialist	Kimberly Van Etten	
Phone Number:	352.726.1931 x 2257	
Email Address	VanEttenK@citrus.k12.fl.us	

Identity Theft Protection		- 10
Provider Name:	LifeLock	
Provider Phone Number:	800.607.9174	
Provider Web Address:	www.lifelock.com	Ī

Telehealth		15
Provider Name:	Access Medical	
Provider Phone Number:	800.800.7616	
Provider Web Address:	www.accessmedcard.com	

Dental	19 - 28
Provider Name:	Ameritas
Provider Phone Number:	800.487.5553
Provider Web Address:	www.AmeritasGroup.com

Disability Income Protectio	n 33 - 30
Provider Name:	OneAmerica
Provider Phone Number:	800.553.5318
Provider Web Address:	www.OneAmerica.com

Term Life Insurance	41 - 44
Provider Name:	Sun Life Financial
Provider Phone Number:	800.733.7879
Provider Web Address:	www.assurantemployeebenefits.com

Cancer	47 - 52
Provider Name:	American Public Life
Provider Phone Number:	800.256.8606
Provider Web Address:	www.AMPublic.com

Critical Illness	55 - 58
Provider Name:	Sun Life Financial
Provider Phone Number:	800.733.7879
Provider Web Address:	www.assurantemployeebenefits.com

Hearing Aids (Value Added Benefit!)		63 - 64
Provider Name:	Hear4Less	
Provider Phone Number:	888.538.5081	
Provider Web Address:	www.Hear4Less.com	

Guidance Resources		
Provider Name:	ComPsych	Ī
Provider Phone Number:	855.387.9727	T
Provider Web Address:	www.guidanceresources.com	

Medical Insurance	11 - 14
Provider Name:	Florida Blue
Provider Phone Number:	800.FLA.BLUE (352.2583)
Provider Web Address:	www.BCBSFL.com

Hospital Indemnity		16 - 18
Provider Name:	American Public Life	
Provider Phone Number:	800.256.8606	
Provider Web Address:	www.AMPublic.com	

Vision	29 - 32
Provider Name:	Ameritas (VSP Network)
Provider Phone Number:	800.877.7195
Provider Web Address:	www.VSP.com

Universal Life Insurance	37 - 40
Provider Name:	Mass Mutual
Provider Phone Number:	855.877.6161
Provider Web Address:	www.MassMutualAtWork.com

Accidental Death & Dism	emberment	45 - 46
Provider Name:	CIGNA	
Provider Phone Number:	800.732.1603	
Provider Web Address:	www.CIGNA.com	

Accident	53 - 54
Provider Name:	American Public Life
Provider Phone Number:	800.256.8606
Provider Web Address:	www.AMPublic.com

Flexible Spending Accounts (FSAs)		59 - 62
Provider Name:	Total Administrative Services Corp	
Provider Phone Number:	800.422.4661	
Provider Web Address:	www.TASConline.com	

Optional Life		
Provider Name:	Florida Combined Life	
Provider Phone Number:	800.FLA.BLUE (352.2583)	
Provider Web Address:	www.BCBSFL.com	