



# CONNECTIONS

April, 2012

## SAFETY MATTERS

On May 17, 1980, at least 57 people chose to be on Mount St. Helen. Vacationers had gone to the area for years – why shouldn't they go again? They ignored county police warnings, roadblocks, expert geological intelligence, and the evidence of peril: smoke, fire, trembling earth. For two months there had been a series of earthquakes and steam-venting episodes. Yet people brought beer coolers and had picnics. They brought their tents and camped overnight. They believed that this time would be the same as all the other times.

But this time was very different. At 8:32 a.m. on May 18, 1980, an earthquake blew out the north face of Mount St. Helen's, releasing the largest landslide ever recorded. It moved at 150 miles per hour, eventually burying 24 square miles. Fifty-seven people lost their lives.

Mount St. Helen's is a radical example of how our natural wariness is disabled, unplugged, by our false assumptions. We automate activities for the sake of efficiency. We rely on past experience to dictate what we will do and how we will do it. Over time, based on experience, we develop mental models of how things will be. These models are comfortable and familiar, and so we become complacent, blind to some obvious hazards. Our behavior, at work, at home, on vacation, follows our mental models. This is how we process the information around us, and form our expectations and beliefs.

We are stubborn about our mental models. Once developed, we stick to them. We use them as quick reference points to guide us, instead of taking in new input from our actual environment. Our mental models shape not just how we act but also how we perceive things and what we believe to be true.

We tend not to perceive or believe in inconsistencies with our models. The work environment changes all the time, but behaviors and attitudes often are not as flexible.

We tend to stop learning at some point. We believe we know all there is to know, about a job, a procedure, a routine task. We believe we know through experience all that we need to know to get by. We can put ourselves on auto-pilot and not be present in the moment at all. We fail to recognize the

hazards and when something unexpected happens, our mental models cannot guide our response. When our models breed complacency and lack of focus, we put ourselves and others at great risk.

Curiosity, awareness, and attention are our tools to avoid surprises. We truly need to be in a constant state of learning. We must be alert and attentive to our automatic behavioral models. What kinds of models do you follow? Do you truly believe that you work every day in a routine bubble, where nothing "bad" will ever happen, at least to you? Are you sure that you have all the answers and don't need to learn more?

We have to be able to disrupt our mental models, deliberately disrupt them, before they result in unwanted, perhaps disastrous, consequences. The emphasis should be on relentlessly questioning, probing, analyzing and listening to what others have to say about safety rules, policies, and procedures. Is the "way things have always been done around here" still the best way? Each of us needs to question and understand our own comfort zones, loss of awareness, lack of focus, and basic "survival" skills.

In this way, we will realize a safety culture that questions, listens, and takes nothing for granted.

# HEALTHY LIVING



## Know your Numbers

UMC invites you to participate in a free Biometric screening event to learn the numbers you need to create your own Blueprint for healthier living and earn a \$50.00 gift card through completing an Aetna online Personal Health Assessment and Healthy Living Program.

You are cordially invited

Learn where you are, draw up a plan for taking steps toward where you would like to be, and receive a **\$50 gift card** by completing an online Aetna Personal Health Assessment and a simple Aetna online program.

**When:** April 25, 2012

**Where:** UMC Central Plant or at an approved Quest Diagnostic clinic

**What:** A simple fasting blood draw along with Biometric screening. Results can be accessed privately online in an easy to read report with normal ranges as well as through a brief description of the tests via mail to your home in two weeks.

HDL	LDL	Total Cholesterol
Triglycerides	Blood Pressure	Glucose
Waist Measurement	Height	Weight
BMI -Body Mass Index indicating current weight status (normal, overweight or obese)		

\*\*Please note, all personal health information will be gathered and stored by Quest Diagnostics and Aetna. UMC will not have access to any individual personal health information.

**How:** Go online to [www.blueprintforwellness.com](http://www.blueprintforwellness.com) between March 21 and April 9<sup>th</sup> to schedule your 15 minute appointment from 8:00a.m - 10:00 a.m. at UMC on April 25<sup>th</sup>.

or

Go online to [www.blueprintforwellness.com](http://www.blueprintforwellness.com) between March 21 and May 9<sup>th</sup>, to schedule an appointment at your local participating Quest Clinic.

or

Call the Quest Customer Service line at 1-866-908-9440 between March 21 and May 9<sup>th</sup>, to schedule an appointment at your local participating Quest Clinic.

**What you will need:**

**Your Unique Aetna W# ID:** Found on your Aetna Member Card

**UMC Registration Key:** UMC12

## LOOK WHAT'S HAPPENING

### 2012 EVENTS CALENDAR

#### AUGUST

Picnic

**Saturday, 8/4**

10am-2pm

Cottage Lake Park



#### SEPTEMBER

Golf Tournament

**Sunday, 9/9**

7:30am shotgun start

Harbour Pointe Golf Course

MCAWW Conference

**Thursday, 9/27**

WA State Convention Center

#### OCTOBER

Trick or Treat

**Tuesday, 10/30**

3pm-5pm

UMC

#### DECEMBER

Santa Party

**Thursday, 12/13**

5pm-7pm

UMC

#### JANUARY

Holiday Party

**Saturday, 1/12/13**

6pm-Midnight

Lynnwood Convention Center

### YEARS OF SERVICE

#### **15 Years:**

Linda Weisberg (Apr)

#### **10 Years:**

Mike McNeil (May)

#### **5 Years:**

Dori Jenkins (Apr)

Steve Stamm (Apr)

Mary Bouck (Apr)

Jon Ericson (May)

Nazar Bontso (May)

### "HAPPY BIRTHDAY"

#### April

- 1 Al Howell
- 5 Clarice Kellogg-Olson
- 9 Deborah Black
- 15 Judy Gaylor
- 15 Ed Toyoji
- 21 Daniel Vu
- 26 Brent Johnson
- 29 Joel Perez

#### May

- 2 Chris Sandhop
- 5 CV Nguyen
- 5 Gail Kinner
- 9 Cindy Littrell
- 9 Tom Donaldson
- 17 Debi Seriales
- 19 Rene Soucy
- 25 David Malone
- 26 Rich Happel
- 26 Antonio Fernandez
- 28 Tom Boysen

