



# wellness & safety



Schools Insurance Authority

Volume XXV, No. 5 • May - June 2015

## It's never too early to think about summer safety

Summer is right around the corner and soon the kids will be enjoying their school breaks and family vacations and outings. Follow these safety tips to prevent injuries or accidents from intruding on summer fun:

1. **Practice sun safety – Use generous amounts of UVA and UVB blocking sunscreen with an SPF of at least 15.** Reapply every two hours or more often if swimming or sweating. Wear wide-brim hats and tightly woven cotton clothing or clothes with SPF built in. Stay in the shade as much as possible.
2. **Protect against bugs – Use insect repellents to guard against ticks and mosquitoes.** If using a repellent with DEET, don't apply it to a child's hands or face because of the potential for chemical ingestion. Wear long-sleeve shirts and pants, especially at dusk when mosquitoes are more prevalent, and avoid using scented soaps or perfumes on children. The sweet strong scents of fragrances, and even of the sweet soda drinks that kids tend to carry around, can attract bees and wasps and increase the incidents of stings.
3. **Prevent dehydration – Remind children to drink water before exercise and during breaks, which should be every 15 to 20 minutes.** On particularly hot and humid days, spray kids with some cool water from a spray bottle.
4. **Practice food safety – The warmer temperatures and humidity of summer increase the opportunity for bacteria growth in food.** Summer is also a time when more food is prepared and eaten outside, where refrigeration and places to wash hands are not readily available. Never cross-contaminate any raw meat or poultry with other food, plates or utensils. Use a thermometer to be sure all meat is correctly cooked and don't keep leftovers unrefrigerated for more than one or two hours.

5. **Use caution when doing yard work –** Never allow children to ride on lawnmowers or play near motorized lawn equipment.
6. **Warn kids about hiding in enclosed spaces –** Teach children to never play hide and seek by crawling inside enclosed spaces such as car trunks, chests or old coolers.
7. **Guard against drowning –** Never leave kids unsupervised near water, even if your grade-schooler is a confident and capable swimmer. Learn CPR.

Source: [www.about.com/parenting](http://www.about.com/parenting)

## Sleep better with a little help from Mother Nature



*Michele Mariscal, Prevention Specialist*

From the world of Nature, studies have shown that certain plants can deepen sleep and help stop tossing and turning. The following three floral scents may help you get a better night's sleep:

- **Jasmine – To experience a deeper REM cycle in which your body does its deepest healing, place a Jasminum polyanthum or Jasminum sambac plant next to your bed.**
- **Lavender – This plant slows heart rate and lowers blood pressure.** In one study, insomniacs found that they slept better and woke up feeling refreshed after placing lavender oil on their bed sheets and pillow cases. A therapeutic-grade essential oil of lavender was used in this study.
- **Gardenia – This bud plant helps soothe uneasy sleep.** Naturopathic doctors prescribe it to help patients manage anger and impatience.

Source: *Reader's Digest*, November 2012





- Local fun for families, friends, groups
- May is Physical Fitness & Sports Month

## Local, off-the-beaten-path activities abound

By Eric Thygesen, SIA Prevention Services

It seems there's hardly ever time anymore to fit in exercise, what with busy schedules involving work, kids, pets and other must-do projects filling our daily lives. We tend to think of exercise as an extreme time commitment that takes away from daily responsibilities and cuts into valuable time with family and friends. But exercise doesn't have to be intrusive if you think outside the box and find ways to include the people you want to spend time with in daily exercise outings and routines.

Here are some ideas in the Sacramento area that are great fun for friends and family groups:

1. **Sacramento State Aquatic Center – Get your exercise while soaking up the sun and cool off in the cool water of Lake Natoma!** Hourly rentals for kayaks and paddleboards. Plenty of other water activities there, too.

<http://www.sacstateaquaticcenter.com>

2. **Granite Arch Climbing Center, Sacramento Pipeworks & Rocknasium – Great whole-body exercise.** Climb to new fitness heights and overcome your fears.

<http://granitearch.com>

<http://www.touchstoneclimbing.com/pipeworks>

<http://rocknasium.com>

3. **The American River Parkway – Enjoy the American River with a run, walk or bike ride.** With 23 miles of park following the river, you can stop anywhere for a rest, to admire the views or to picnic.

[www.arpf.org](http://www.arpf.org)

4. **City of Sacramento Golf Course – Mark Twain once said “Golf is a good walk spoiled.”** At least you get a good walk in...

<http://portal.cityofsacramento.org/ParksandRec/Recreation/Golf>

5. **Foot Golf – A new twist on an old game. Great for kids and families.** Haggin Oaks has a great course and people there who can tell you how to play if you're new to the game.

<http://www.haggin Oaks.com/footgolf>

6. **Frisbee Golf – Another new twist on an old game.** Very inexpensive! Plenty of places to play in Sacramento.

<http://discgolfcourses.org/california.html>

7. **Fishing – There are so many lakes, rivers and streams in the Sacramento area.** Try lure fishing. In order to lure the fish, you have to keep casting out. It keeps your body moving versus casting and waiting for the fish to come to you.

8. **Old Sacramento/Capitol Walk – Check out Old Sacramento and everything it has to offer and then stroll through beautiful downtown Sacramento to Capital Park.** There are plenty of monuments to see in the park, as well as in and around the Capitol building itself.

<http://oldsacramento.com>

[http://www.parks.ca.gov/?page\\_id=495](http://www.parks.ca.gov/?page_id=495)



**MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH**

**QUOTE TO NOTE**  
"Still round the corner there may wait, A new road, or a secret gate." J.R.R. Tolkien

Create an emergency plan  
for at home and on the road



wellness  
& safety



## Resolve to be ready – Emergency Preparedness Part 5

# Plan ahead for emergencies at home and on the road

A disaster supply kit is simply a collection of basic items that you and your family may need in the event of an emergency. Try to assemble your kit in advance of an emergency, as you may have to evacuate at a moment's notice. As with most emergencies, you probably won't have enough advance-warning time to search for/shop for the supplies you'll need.

After a crisis situation, you may need to survive on your own, which means having to supply your own food, water and other essentials in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours – or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days, a week or longer. Your supply kit should contain items to help you manage during these outages.

### Maintain your kit

Just as important as putting your supplies together is maintaining them so they're safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- **Keep canned food in a cool, dry place.**
- **Store boxed food in tightly closed plastic or metal containers to thwart pests and extend shelf life.**
- **Throw out any canned item that becomes swollen, dented or corroded.**
- **Use foods before they go bad and replace them with fresh supplies.**
- **Place new items at the back of the storage area and older ones in the front.**
- **Change stored food and water supplies every six months.** Be sure to write the dates you stored them on all containers.
- **Rethink your needs every year and update your kit as your family's needs change.**
- **Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers, such as an unused trash can, camping backpack or duffel bag.**

### Emergency readiness on the road

Because you don't know where you'll be when an emergency strikes, prepare supplies for the road by keeping an emergency supply kit in your car. This kit should include:



- **Jumper cables**
- **Flashlights and extra batteries**
- **First-aid kit and necessary medications in case you're away from home for a prolonged period of time**
- **High-protein food items such as nuts, energy bars and canned fruit**
- **A portable can opener**
- **Water for each person and pet in your car**
- **AM/FM radio to listen to traffic reports and emergency messages**
- **Cat litter or sand for better tire traction**
- **Shovel**
- **Ice scraper**
- **Warm clothes, gloves, hats, sturdy boots, jackets and an extra change of clothes**
- **Blankets or sleeping bags**
- **A fully charged cell phone and phone charger**
- **Flares or reflective triangle**
- **Baby formula and diapers for a small child as may be needed**

Be emergency-prepared by keeping your gas tank full. If you should find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait in the car until it arrives.

Get more information on building a disaster supplies kit:  
<http://www.ready.gov/build-a-kit>

Source: <http://www.ready.gov/prepared2014>

**Did you know that you can access our newsletters on our website? Visit [www.sia-jpa.org](http://www.sia-jpa.org).**



- Safetyville events are fun and free
- Protect vacant campuses

## With some advance planning, vacant campuses don't have to be mischief magnets

Empty school campuses are magnets for mischief. The warm summer months bring out neighborhood kids for evening activities (as well as others with time on their hands), who can be enticed by the out-of-view opportunities for destructive pranks and outright vandalism that campuses have.

How can campuses be protected? Here are some ways:

- **Check to be sure fire and intrusion alarms are working properly.** Repair all elements that are malfunctioning.
- **Check campus lighting.** Replace all burned-out bulbs. Install lighting in currently dark areas. Consider installing motion sensor lights.
- **Add or increase nightly patrols of the campus,** especially around the Fourth of July when fireworks are plentiful.
- **Cut back weeds and other vegetation around the campus** to reduce fire risk and hiding places.
- **Shut down the gas supply to science rooms.**
- **Remove garbage cans;** garbage has been used as an ignition source for arson fires.
- **Check fences and gates for damage.** Make repairs and keep gates locked.
- **Set sprinklers on alternating schedules** or install motion sensors to activate sprinklers.
- **Keep window coverings closed to hide room contents.**
- **Store high-value equipment (computers, TVs, etc.)** in secure rooms, preferably without windows.
- **Get to know your neighbors and ask them to help keep an eye on the campus.** Ask that they call law enforcement if they see something suspicious. Give them a free WeTip magnet to provide them an anonymous way to report crime information.

## These Safetyville events are fun for families – and free



### **Family Health & Safety Expo**

*June 13, 10 a.m. to 3 p.m.*

The annual expo is a free event designed to give families valuable information and access to community resources in the Sacramento area. Attending families will enjoy more than 80 booths with information on health and safety and recreational opportunities, in addition to live entertainment, safety demonstrations, raffles, giveaways and more.

### **Family Bike Nights**

*Thursdays and Fridays*

*June 18-August 28, 5:30 to 8 p.m.*

Free family bike nights are fun and safe opportunities to enjoy evenings out with family. Safetyville's 3.5-acre site provides an enjoyable enclosed area to ride and play. A safety clinic is held nightly at 6:30 p.m. and bike vendors are on hand for questions. Food is also available for purchase. Be sure to bring your helmet!

Safetyville USA is at 3909 Bradshaw Road, Sacramento 95827. For additional information on other events, visit the website at <http://safetycenter.org/safetyville-usa> or call (916) 438-3351.



*The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).*

*Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.*

*Wellness & Safety* is published by the Schools Insurance Authority, P.O. Box 276710, Sacramento, CA 95827-6710, (916) 364-1281, 1-877-SIA-KIDS. The SIA is a joint powers authority, composed of 35 members, that collectively provides workers' compensation, liability, property, and health benefit insurance coverage on behalf of its member districts. The SIA school districts are: Arcohe, Atwater, Buckeye, Camino, Center, Central Sierra ROP, El Dorado Co. Off. Ed., El Dorado High, Elk Grove, Elverta, Folsom-Cordova, Galt Elem., Galt High, Gold Oak, Gold Trail, Hayward, Indian Diggings, Latrobe, Merced City, Mother Lode, Natomas, North Bay SIA, Pioneer, Placerville, Pollock Pines, Rescue, River Delta, Robla, Sac. City, Sac. Co. Off. Ed., San Juan, Shasta-Trinity SIG, Silver Fork, Twin Rivers, and Woodland. SIA Officers: Executive Director — Martin Brady; President — Tamara Sanchez, Sacramento County Office of Education; Vice President — Baldev Johal, El Dorado Union HSD; Secretary — David Roth, Buckeye Union SD; Prevention Services Director/Communications — Lisa Tremewan-Konarski; Newsletter: Vitali-Gage Communications, Inc.

[www.sia-jpa.org](http://www.sia-jpa.org) ©2015