



wellness & safety



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De-cluttering classrooms boosts efficiency and aids in emergencies

Slips, trips and falls continue to be among the top injuries that occur in schools. Often these types of incidents can be avoided if good housekeeping practices are in place. When work areas are neat and clean, it's a lot easier to find things and work more efficiently. It also makes it easier for custodial and maintenance staff to do their jobs. (Visualize the extra time it can take to just change a light bulb when there's so much stuff stacked on the floor that a ladder has to be jammed and wedged into place.) Then there's the emergency factor; too much stuff piled up can impede a quick exit in the event one is needed.

Hazards – What they look like

- **Trip and fall hazards are things on the floor that don't belong there.** Pathways must be kept clear.
- **Objects that can become airborne or otherwise cause physical injury are common problems.** Open cabinets, doors, materials precariously balanced on other materials are accidents waiting to happen.
- **Stacks of papers and other combustibles are fire hazards.** Excessive paper also contributes to indoor air quality problems.

Good Housekeeping – A checklist

- **Keep food and drinks out of the work area.**
- **Throw away trash promptly and properly.**
- **Clean up spills immediately.**
- **Set schedules to purge excess materials and clean work areas a couple of times during the year.** Encourage others to join in – the mutual support can help.



- **Keep cords and wires untangled.** Getting knotted up is bad for them and a challenge to undo.
- **Label all containers and materials.**
- **Don't store heavy boxes or items on high shelves.** They're hazards if they fall and can be hazardous to move.
- **Don't hang onto little scraps of this and that because "they might come in handy someday."** Instead, choose the worthwhile items and label a shelf or drawer and keep them there.
- **Keep entryways clear and open.** Shelves and boxes near doorways can fall and block emergency exits.

Don't get caught without the docs

Although the school year is coming to a close, don't throw away all those permission forms you've collected during the school year. All permission and activity forms should be kept for at least one year after the conclusion of the current school year. Don't get caught without the right docs!



- Dark-colored fruits, veggies pack nutrition
- New rules for hoverboards

The power of purple and blue

Paint your plate with lots of those dark-colored fruits, veggies

Lyn Poll, M.S., SIA Prevention Services

What's in a color? Most of us have purchased red, green, orange or yellow fruits and vegetables. These lighter-colored fruits and vegetables are power-packed with nutritional benefits. But what about their darker counterparts? Should we be looking at them more closely and consuming them more frequently? According to nutritionists, we should be and here's why.



Almost all of our favorite produce has a darker sidekick. The varieties look pretty, in their deep shades of blue and purple, but how do they taste? Does the color affect the health benefits of these colorful counterparts?

In a word, yes.

Research indicates that while most varieties are similar in taste, the color can impact the nutritional values and potential health benefits of specific varieties. And the darker the produce, the higher the antioxidant content. Antioxidants in dark produce are called anthocyanins [an-thuh-SAHY-uh-nins], which are the phytochemicals that give foods their dark blue/purple pigmentation. Anthocyanins help defend our bodies against oxidative stress. In other words, they help heal the body from the inside out. In fact, studies have indicated that some darker fruits and vegetables may:

- Help fight inflammation.
- Provide anti-aging benefits.
- Improve the body's ability to absorb calcium and other nutrients.
- Lower LDL cholesterol.
- Support eye health, specifically with respect to the retina.
- Boost the immune system.
- Support healthy digestion for the GI tract.
- Act as anti-carcinogens.
- Reduce tumor growth.

Darker produce is also easy to find. Beets, blueberries, blackberries, red onions, cauliflower, cabbage, eggplant, carrots, grapes, raisins, plums and prunes are in every grocery store. Other items, such as okra and figs, are more seasonal. Look for unusual varieties at farmers markets.

Vibrantly colorful fruits and vegetables can pack a powerful nutritional punch. So why not start "painting" your plate with some darker-colored foods and reaping the many health benefits of living on the "dark" side.

Sources:

Lewis, C.: *The Power of Purple Produce*, Ideafit, May 1, 2012; Web, March 22, 2016
Hopkins, N.W.: *The Power of Purple*; *Better Homes and Gardens*, March 2016; 118-123
Roy, D.: *Health Benefits of Purple Foods*; Web, March 8, 2016

Hoverboard hazards prompt new rules for schools

As more incidents of hoverboard-related fires make the news, the U.S. Consumer Product Safety Commission (CPSC) continues to investigate the causes of the fires involving the boards. In recent months, the CPSC counted 22 hoverboard fires in 17 states, according to agency information.

As a result, the CPSC issued a letter to manufacturers of the self-balancing boards requesting compliance with newly released, voluntary safety standards as outlined by the Underwriters Laboratory (UL). Though some components of hoverboards, such as battery packs and power supplies, may be UL-certified, the agency is also requesting that the lithium ion batteries used inside the products comply with certain safety requirements. It's recommended that students not be allowed to charge hoverboards on school grounds.

Additionally, a new California law, effective Jan. 1, 2016, mandates that riders must be 16 years old to ride in public. They must also wear helmets and can only ride on streets where the speed limit is under 35 mph.

Many schools are treating hoverboards like they do skateboards, prohibiting use on school grounds and requiring that all such boards be kept locked in the bike rack areas while schools are in session. These recommended best practices can help prevent injuries to students while on campuses and reduce the likelihood of damage to personal or school property.



Learn to take the heat by understanding it and preparing for it



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Know your heat tolerance

Overheating in hot weather can be dangerous, even fatal

School employees working in summer heat should take precautions to help prevent illness. When working in a hot environment, the body has to rid itself of excess heat to maintain a stable internal temperature. Circulating blood and sweating help with this process, but when the air temperature is near to or warmer than normal body temperature, cooling off the body becomes more difficult.

If the body cannot rid itself of excess heat, it will store it. When this happens, the body's core temperature and heart rate increase. As the body continues to store heat, the victim's concentration and focus become increasingly difficult, nausea and irritability set in, and the desire to drink diminishes. The next stage typically includes fainting (and, in the worst cases, even death) if the person is not cooled down.

It's best to be aware and take steps to keep safe. If you work in the heat, know your district procedures regarding shade, water and rest areas. Consider the following suggestions:



- **Review your district's emergency procedures** with your supervisor.
- **Learn how to recognize the symptoms of heat illness** in yourself and your coworkers.
- **Give yourself a chance to get used to the heat.** Take several days to acclimate by gradually increasing your time in similar conditions.
- **If you must work in the heat,** schedule outdoor jobs in the cooler morning hours and plan for indoor work in the afternoon when you can be inside with air conditioning.

- **Take rest breaks in the shade.**
- **Drink plenty of water and don't just wait until you're thirsty.** Avoid caffeine.
- **Wear light-colored, loose-fitting and lightweight clothing.** A wide-brimmed hat will protect your face and neck.

For additional information, visit www.dir.ca.gov/dosh/heatillnessinfo and www.osha.gov/SLTC/heatstress/prevention.html.

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our newsletters
on our website?
Visit www.sia-jpa.org.*



Free family day at Safetyville USA

Saturday, June 11

10 a.m. to 3 p.m.

3909 Bradshaw Road, Sacramento

Bring the whole family for a day of fun activities, valuable information and resources that can protect the safety and health of the families in our region.

For more information visit
www.safetycenter.org/events/family-day-2016.



- Battling bullying in schools is time-consuming and costly – and WeTip can help

Make WeTip a part of any anti-bullying program

The cost of a failure to stop bullying in schools is enormous. Physical, verbal and emotional bullying can result in a reluctance to attend school and eventually truancy. Bullying can trigger a range of physical symptoms, such as headaches, stomach pains, reduced appetite, shame, anxiety, irritability, aggression and depression. In the most extreme cases, those who have been the targets of bullying have been known to take out their anger and despair on others through school shootings or by committing suicide. In turn, the perpetrators of bullying, those students who habitually harass others, miss the opportunity to learn aggression alternatives.



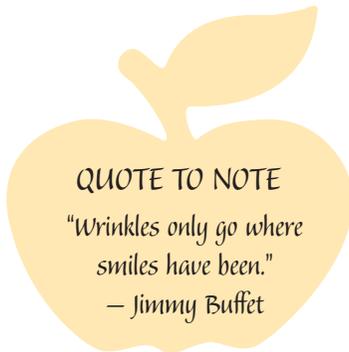
For schools, the costs of combating bullying involve countless hours of tackling a problem that's resistant to change. Truancies, reduced student retention, low teacher morale, negative community perception of schools and parent hostility are the byproducts of bullying. And as bullied students become increasingly alienated from the school settings, overall academic performance declines.

The services of WeTip can be invaluable in dealing with bullying. The program gives students a safe way to let district staff know if they, or someone they know, are being bullied, threatened or harassed. The Bully Hotline is 855-86-BULLY and there's always someone to talk to.

As a group, bullies are increasingly shunned as they reach the higher grades, and research shows that bullies frequently develop tendencies later in life to abuse power.

Students who witness bullying often say that they don't know how to prevent it. Many are silenced by apprehension, fearing that they will be the next targets of bullying if they dare to speak out. Left unabated, bullying can be a vicious cycle without end.

For more information, contact your district's WeTip liaison or Teresa Franco at tfranco@sia-jpa.org.



QUOTE TO NOTE
 "Wrinkles only go where smiles have been."
 — Jimmy Buffet

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.