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Creating 'chaos' in an outdoor classroom

Mock school bus accident drives home important lessons for drivers, responders, bystanders

School bus drivers are trained in emergency response, and while experience is a good teacher, it's not the only important safety net for dealing with chaotic, life-and-death situations. Therefore, in an effort to give their drivers exposure to the initial chaos and ensuing response methods for dealing with school bus crises, Sacramento City USD recently conducted a mock bus accident.

Chuck Ernst, director of distribution services, and Nina Delgadillo, manager of safe schools, worked together to create the scenario and then brought in local emergency responders to participate. Others involved included the California Highway Patrol, Cal-Star, Sacramento Metropolitan Fire, the Sacramento Police Department and the American Red Cross. The Ethnic Theatre Workshop provided the actors who played the victims and who wore convincingly macabre makeup. Numerous district staff also played key roles in the preparation and execution of the exercise.

After the "crash scene" was set, the audience was able to view all the activity once the exercise began with the initial accident call. As the radio call was played, the audience could hear the confusion of the reporting, combined with the cries and wails of the "victims." Soon the fire and police responded and immediately went about their designated responsibilities. The audience witnessed the dismantling of the bus in an effort to get to those who were "hurt." Next was scene management by the CHP officers as they interviewed the bus driver and arrested the "drunk driver." Then came the arrival of the Cal-Star helicopter to take away the seriously "injured." The removal of a "deceased" victim was also done with realistic care.

The exercise also included the arrival of concerned "parents" and the American Red Cross assisted with comfort and direction until the parents could be reunited with their "students." Finally, law enforcement chaplains were present to explain the reunification/notification process in the event of injury or death.

The exercise was an opportunity for all participants and community partners to practice their

response skills and to evaluate what improvements might be needed. It was also a great example of building relationships and working together toward a common goal. The event itself was very emotional and helped drive home the importance of being prepared.



Sacramento City Unified recently staged a mock school bus accident as a training tool for drivers, responders and bystanders.



The SIA Staff wishes you joy, laughter and peace this holiday season.

- Apps and 'wearables' are the new fitness trainers

Meet the new 'trainers'

There are all kinds of new, fun, 'tech' ways to help you reach your fitness goals

By Lyn Poll, M.S., SIA Prevention Services

Jawbone, Fitbit, MyFitnessPal, Endomondo, Basis, iHealth Scale. What do these names have in common? These are just a few of the hottest fitness apps, devices and self-monitoring wearables on the market today. Getting fit no longer requires a pencil-and-paper workout plan or a hardback diet book. The latest apps and devices can aid your fitness goals with interactive features, instant stats and tips, and even inspiration of the monetary variety (think "getting paid" to work out).

Fitness technology is described as a category of devices and software that consumers can use to monitor physical well-being and motivate behavior. It's one of the fastest-growing fitness areas today. According to recent estimates, mobile fitness app usage grew from 39 percent in 2013 to 50 percent in 2014, and one in 10 U.S. consumers over the age of 18 now owns a wearable fitness device. Moreover, the trend has increased over time, with the younger generation (25-34) focused on fitness optimization and the older generation (55-64) intent on improving health and living longer.

Walk into any sporting goods store, or watch others in the gym or running outside, and there'll be an array of tools designed to help make people healthier and more fit. But what are the benefits of fitness technology and what should you look for when choosing a "tech trainer"? These are important questions to ask when trying to determine where to spend your money.

What to look for in a fitness device or software

The main point to using a fitness tracker or device is to enhance your workouts and make them easier to accomplish. If your device or software is confusing or hard to use, you'll be less motivated to reach your fitness goals. In other words, keep it simple.

Here are some specific things to keep in mind when considering a fitness device or app:

- **Helpful tools found on most devices include a step counter, distance tracker, calorie counter, heart rate monitor and speed indicator.** Some even offer sleep monitors and lap timers. Accuracy is key and some devices just perform better than others. Seek out recommendations.
- **A fitness device that is lightweight, discreet and versatile enough for any activity is best.** Look for devices that allow you to customize the strap size, swap the band to a different material, or even carry (or clip) the band in a pocket. Added accessories, such as chargers, manuals, extra wristbands and other wearable accessories, can help you customize your gadget to your fitness routine.
- **Make sure the accompanying app has all the best features and is suited to your existing gear.** Many activity trackers are only compatible with certain operating systems (i.e. Apple, Android).
- **The best fitness devices offer help and support.** Look for a manufacturer that offers email and phone support so you can ask questions. Also, know the warranty information, should your device malfunction or break.

There are a number of benefits to using fitness technology

- **Visibility helps track progress.** Wanting to know/see fitness training progress is natural and helps keep up motivation levels.
- **Workout training and tips are free.** Not everyone has the time or the funds to work out in a gym or employ the services of a personal trainer. But combining a personal trainer and a fitness device offers the best of both workout scenarios.
- **Goals appear attainable.** It's extremely important to set realistic goals because unrealistic expectations can easily derail a fitness program. Fitness technology can help stave off boredom and keep the workout process interesting.

(continued on page 3)



- Customize your emergency plan
- Fitness goes 'tech'



New trainers (continued from page 2)

- **No workout effort is too small.** The route to any fitness destination is paved with baby steps. By tracking each health and fitness task, it's easier to see how every positive choice, no matter how seemingly small or trivial, pays off.
- **Apps are convenient and accessible.** For most, health and fitness apps are both readily and financially accessible.

Some of the top apps/devices on the market today

According to the *IDEA Fitness Journal*, the six most popular fitness mobile apps are the following:

- *MyFitnessPal*: Free calorie counter and fitness tracker app.
- *RunKeeper*: Free app that tracks a run, walk or bike ride with the GPS on a phone.
- *MapMyFitness*: Free app that tracks all fitness activities with phone GPS.
- *Nike, Inc.*: Free app that tracks running with GPS.
- *Runtastic*: Free app that tracks running, walking or biking with phone GPS.
- *Endomondo*: Free app that tracks all types of sports adventures (running, walking, cycling, kayaking, etc...)

According to *Health Magazine*, the top five apps that actually get results are:

- *Hot5*: Has free 5-minute video workouts that are easy to follow.
- *GymPact*: Get paid to work-out! The app is free, but a credit card is required to play.
- *Weight Watchers Mobile*: It's free, but only members get full access to the app.
- *RunKeeper*: It's another free app that tracks runs, walks or bike rides with phone GPS.
- *Zombies, Run! 2*: Mixes games and stories into exercise that involves completing missions in a world of zombies. Cost is \$2.99.

According to *PC Magazine*, the top five fitness tracking devices are:

- *My Basis/Basis Carbon Steel Edition*
- *Fitbit One*
- *Fitbit Flex*
- *Jawbone UP24*
- *Fitbit Zip*

Of course, all apps and devices are subjective with respect to specific needs and price ranges.

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Customize your emergency plan – Part 2

Helping you and your family survive and recover from an emergency often depends on good advance planning. Preparing a household for an emergency requires customizing a plan to the individual needs of all those in the home, especially children, seniors and those with health issues. Much depends on available methods of communication, modes of accessible transportation and the types of shelters/emergency housing available. Some general things to work into any emergency plan include:

- The various ages of household members
- Each person's responsibilities for assisting others
- Special dietary needs of family members
- Necessary prescriptions and devices/equipment, especially for those with disabilities
- Language, cultural and religious considerations
- Infants, pets or service animals

Once the general components of an emergency plan are factored in, there are other important and specific things to consider:

- Where schoolchildren will be able to stay safe in the event the adults in their households must shelter elsewhere until an immediate hazard is over.
- How deaf or hard-of-hearing individuals will be able to receive emergency alerts/warnings in an accessible form.
- At what point individuals requiring accessible transportation should

(continued on page 4)



- Customize your emergency plan
- WeTip's services are free

Customize your emergency plan (continued from page 3)

work with their local paratransit and disability service providers to make an emergency plan.

- People who speak languages other than English may need to identify sources of alerts, warnings and information about community plans in other languages.
- Those without vehicles should know local plans for public transportation in the event they need to make arrangements for transportation with local government providers, non-profit organizations or others.
- Households with infants should plan for food and supplies for babies and nursing mothers. Babies always need diapers, medications, moist towelettes/diaper rash ointment, formula/powdered milk and bottles.
- Those with dietary restrictions should have an adequate emergency food supply to meet their needs.
- Anyone who takes medications should maintain an adequate supply, along with copies of their prescriptions.
- Those with service animals should work with local emergency management to ensure that their service dogs will be admitted to shelters with them during emergencies (as required by law), and should make sure that their plan kit includes food, water and other needed items for those service animals.
- People who require power for medical or other assistance devices should consider how they will maintain the use of those devices if there is a loss of power. Extra batteries for small devices (hearing aids and cell phones, for example) and a power generator for home use could be life-savers.

There are also commonsense measures that older Americans can take to prepare for emergencies before they happen:

- Create a network of neighbors, relatives, friends and co-workers to aid in an emergency.
- Make sure everyone knows how to operate necessary equipment.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medications, and the types/model numbers of any needed medical devices. Also, make provisions for medications that require refrigeration and arrange for any assistance to get to a shelter.

The following resources can assist you with your planning:

- Ready.gov's Preparing Makes Sense For Older Americans: <http://www.fema.gov/media-library/assets/documents/90375>; also visit the Red Cross website
- Family Communication Plan for Parents: <http://www.fema.gov/media-library/assets/documents/34330>
- www.ready.gov/kids
- California Department of Public Health – Emergency Preparedness Infant and Young Child Care and Feeding: <http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/EmergencyPreparednessInfantandYoungChildCareandFeeding.aspx>
- Save the Children – Disaster Tips For Parents: http://www.savethechildren.org/site/c.8rKLIXMGIpI4E/b.7522429/k.2474/Disaster_Preparedness_Tips_for_Parents.htm

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

WeTip services, materials are free

Are you using WeTip at your site? The service and materials are free to SIA members. For more information, contact Teresa Franco at tfranco@sia-jpa.org.



*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.*

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