



wellness & safety



Schools Insurance Authority

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Resolve to be ready to confront emergencies – prepare now to handle an evacuation

This year's *Resolve To Be Ready* campaign focuses on the "family connection" to reinforce the importance of parents involving their children in preparedness conversations in advance of potential disasters. The campaign provides age-appropriate tools and resources at www.ready.gov/kids, including conversations about disaster preparedness for children, plus a downloadable family emergency plan, emergency kit checklists, and guidelines on how to make preparedness a year-round family activity.

The *Ready* campaign makes an emergency preparedness resolution easy to keep by recommending that families consider these three components when making plans: 1) who to call; 2) where to meet; and 3) what to pack.

PROTECTING YOURSELF AND YOUR FAMILY

Evacuations are more common than many people realize. Fires and floods cause evacuations most frequently across the U.S., and almost every year people along coastlines routinely evacuate as hurricanes approach. In addition, hundreds of times a year transportation and industrial accidents release harmful substances into the environment, forcing many people to leave their homes.

In some circumstances, local officials decide that the hazards are serious and require mandatory evacuations. In others, evacuations are advised or households decide to evacuate to avoid situations they believe are potentially dangerous. When community evacuations become necessary, local officials provide information to the public through the media and, under specific circumstances, by other warning methods, such as sirens, text alerts, emails or telephone calls.

The amount of time that evacuees have to leave will depend on the hazard. If the event is a weather condition, such as a levee break or flood, there might be a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential.

Practice how you will assemble your family and supplies, and anticipate where you will go for different situations. Choose several destinations in different directions to provide options and know the evacuation routes to get to those destinations.



September is National Emergency Preparedness Month

Upcoming in the emergency-preparedness series

This feature is the first in a series on how to prepare for possible emergencies. Related topics to be covered in future issues will include: emergency planning for infants and seniors; practical considerations for pets in emergencies; building/storing/maintaining emergency supply kits; and water needs/storage, car safety and financial preparedness.

EMERGENCY ALERTS

You can receive important lifesaving alerts no matter where you are—at home, at school or at work.

Public safety officials use reliable alerting systems in the event of natural or man-made disasters, and many communities also offer

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- Spotlight on Sacramento City USD
- Resolve to be ready for emergencies

Spotlight on...

SACRAMENTO CITY USD

Teams come together to walk, get healthy and have fun in a 'Marathon' event

Feet were moving and hearts were going strong in the Sacramento City USD recently because more than 250 employees and district partners joined teams and hit the pavement as part of the district's "Marathon" walking program.

The 10-week wellness activity encouraged staff to get out and get moving. Team members supported each other and provided ideas for increasing walking time and distance. A little healthy competition among teams also added spark to the program, and many of the walkers have since continued their daily walking habit.

Employees reported that they felt good physically and mentally for their efforts and looked forward to break time so they could walk. Others noted a boost in morale and appreciated the friendships and camaraderie that evolved with fellow participants.



The Sole Survivors team outpaced the competition in the Marathon walking program.

Martine Kruger of the district's Risk & Disability Management Department coordinated the program and SIA's Golden Carrot funds underwrote the activity. Golden Carrot funds are available to members in SIA's workers' compensation program for activities that promote health and wellness among member districts. Many districts have taken advantage of the program and have created activities that encourage healthier living choices for their staffs.

Congratulations to the walkers at Sacramento City USD for a job well done!

Do you have a unique program or event in your district that contributes to the health and safety of your fellow employees? If so, we'd like to hear about it for inclusion in our Spotlight On column. Call Lisa Konarski at 916-364-1281 or email at lkonarski@sia-jpa.org.

Resolve to be ready

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emergency alert notifications through their own systems. Check with the Integrated Public Alert & Warning System authorities website to learn what's available and where.

1. What are WEA messages?

Wireless Emergency Alerts (WEA) are emergency messages sent by authorized government alerting authorities through your mobile carrier.

2. Why are Wireless Emergency Alerts (WEA) important to me?

Alerts received at the right time can help keep you safe during an emergency. With WEA, warnings can be sent to mobile devices without the need to download apps or subscribe to a service.

3. What types of alerts will I receive?

- ◆ Extreme weather, and other threatening emergencies in your area
- ◆ Amber alerts
- ◆ Presidential alerts during a national emergency

For more information on the Emergency Alert System, download the EAS fact sheet or visit: <http://www.fema.gov/emergency-alert-system>.

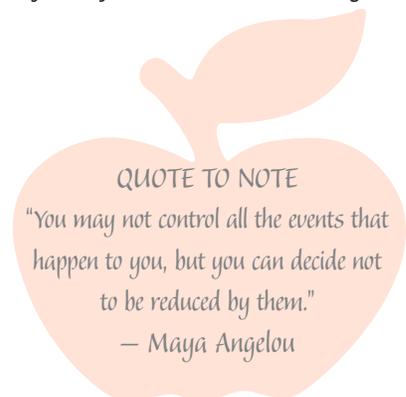
Other resources:

Kids Family Communications Brochure: <http://www.fema.gov/media-library/assets/documents/34330>

Family Communication Plan: http://www.fema.gov/media-library-data/0e3ef555f66e22ab832e284f826c2e9e/FEMA_plan_parent_508_071513.pdf

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

Compiled by Jennifer McCain, SIA Risk Manager



- Bridge personality differences
- Shasta-Trinity Schools Insurance joins SIA



How to bridge differences in the 'personality gap' with others

Michele Mariscal, Prevention Specialist

I read a post recently from one of my favorite thought leaders, David Lee of Human Nature at Work. It describes how we relate to one another and gravitate to those who are like us. So how, when we are brought together with all sorts of "others" in a workplace, can we navigate in a way that keeps a cohesive team?



There are many reasons why we click with some and not others, and here's a key one I remember hearing years ago:

To the subconscious mind "I like you" means "You're like me."

Lee says it all comes down to learning how to recognize key differences in the way others approach communication, work, problem-solving, information-processing and other work-related tasks.

Here are four quick tips to help bridge the "we're not clicking" gap:

- 1. Notice the pace at which others speak and match that pace.** If you are too slow for them, it will frustrate them. Too fast, and you will overwhelm them.
- 2. Notice if the person is very detail-oriented and precise...or not.** If they use lots of detail, include more when you talk with them. It will boost your credibility. If they are more "big picture-oriented", skip all the details. Too much detail drives them crazy.
- 3. If you are a "blue sky thinker" and love to explore possibilities, there are ways to stop scaring your "what can go wrong" personalities.** Some personalities are hard-wired to notice pitfalls and potholes and panic when they think others are suggesting ideas filled with these. They don't realize that you know your ideas are merely Version 1.0, not finished products. They don't realize you need to verbalize to do your best thinking. Let them know you're just thinking aloud and need their "Watch out for..." input.
- 4. If you have a strong personality and are often blunt, notice with whom to dial it down.** If you are a forceful, no-nonsense person, notice who is very much the opposite of that, and consciously dial back the way you challenge and confront. Others may have a lot lower comfort threshold when it comes to dealing with arguing and confrontation. Doing this will get you much better results from others.

If you would like more information on how to bring a personality training/workshop to your district, call Michele Mariscal at (916) 364-1281 or e-mail mmariscal@sia-jpa.org.

Shasta-Trinity Schools Insurance Group joins the SIA family

On July 1, Schools Insurance Authority (SIA) welcomed the Shasta-Trinity Schools Insurance Group to its membership. Shasta-Trinity SIG and its 36 school district members have joined SIA's workers' compensation program. The districts represent approximately 4,000 employees serving students throughout the Northern California counties of Trinity and Shasta.

SIA is a joint powers authority/not-for-profit public entity that self-funds and self-administers workers' compensation, liability and property programs for its member districts.

Welcome Shasta-Trinity!



SHASTA-TRINITY SCHOOLS
INSURANCE GROUP

Did you know that you can access our newsletters on our website?

Visit www.sia-jpa.org.



wellness & safety



- Autumn events at Safetyville
- WeTip is always there to help

Chili, Halloween are in the spotlight at upcoming Safetyville events

Annual Firefighter Chili Cook-Off

On Saturday, September 20, Safetyville USA will host the fourth-annual Firefighters Chili Cook-Off. Sacramento regional firefighters, dispatch workers and other essential professionals will be competing for bragging rights as the best fire station with the best chili in the Sacramento region.



There will be many fun, interactive family activities and fire education demonstrations, including a ladder climb, a bucket brigade, fire extinguisher training, a jaws of life demonstration and much more. There will also be a farmers market with produce available to purchase.

The event will take place from noon to 4 p.m. and tickets are \$5 each; children under 5 are free.

Halloween Haunt

The 23rd annual Halloween Haunt will take place on Saturday, October 18 from 11 a.m. to 4 p.m. The miniature city will be decorated in "spook-tacular" fashion and there will be music, games, a magician, face painters, food, costumed characters, raffles and a costume parade. Cost is \$6 per person, children 2 and under are free, and the price includes \$2 in tickets toward games or food.

There will also be a pumpkin patch October 1-31 with pumpkins available in assorted sizes and at various prices.

Safetyville USA is at 3909 Bradshaw Road, Sacramento 95827. Proceeds from these events benefit the children's education programs at Safetyville USA.



WeTip is always available

WeTip is an anonymous crime-reporting hotline available 24 hours a day, seven days a week, 365 days a year. The service is free to all SIA members. To help promote the program at your school or worksite, you can request posters, wallet cards, magnets and more. For more information, contact Teresa Franco at tfranco@sia-jpa.org or 916-364-1281, extension 256.



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.