

## Slips, Trips & Falls



### Slips

Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking. You can help avoid slips by following these safety precautions:

- Practice safe walking skills. Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.
- Clean up or report spills right away. Even minor spills can be very dangerous.
- Don't let grease accumulate at your work place.
- Be extra cautious on smooth surfaces such as newly waxed floors. Also be careful walking on loose carpeting.

### Trips

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance.

To prevent trip hazards:

- Make sure you can see where you are walking. Don't carry loads that you cannot see over.
- Keep walking and working areas well lit, especially at night.
- Keep the work place clean and tidy. Store materials and supplies in the appropriate storage areas.
- Arrange furniture and office equipment so that it doesn't interfere with walkways or pedestrian traffic in your area.

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## Workplace Violence Prevention



Workplace violence covers a broad range of unacceptable behavior from threats and verbal abuse to physical assaults and homicide and refers to any act in which a worker is abused, threatened, intimidated, or assaulted at their place of employment.

Workplace violence, or threat of violence, may involve employees, clients, customers, or visitors and can occur at or outside the workplace or job site.

Employees have a responsibility to treat everyone at work with dignity and respect and have the right to expect the same level of behavior from their co-workers.



There are four main types of workplace violence:

**Type 1 – Criminal Intent.** Violence that isn't necessarily related specifically to the workers or the business, like robbery, shoplifting, trespassing, and acts of terrorism.

**Type 2 – Customer/Client.** Has a current or previous

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### *(Slips, Trips & Falls Continued)*

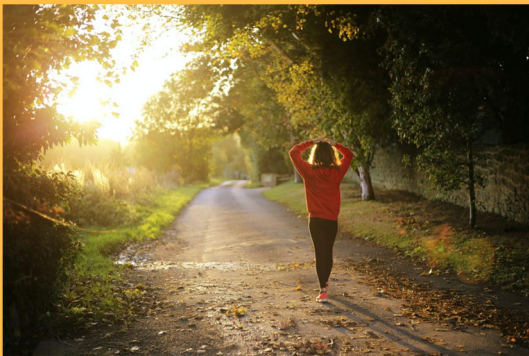
- Properly maintain walking areas, and alert appropriate authorities regarding potential maintenance related hazards.

#### **Falls**

To avoid falls consider the following measures:

- Do not jump off landings or loading docks. Use the stairs
- Repair or replace stairs or handrails that are loose or broken
- Keep passageways and aisles clear of clutter and well lit.
- Wear shoes with appropriate non-slip soles.

### **Fall Wellness Tips**



#### **Stress Management**

Stress can have a significant impact on the body, both physically and mentally. Focus on finding ways to manage your stress. Stress management techniques like practicing relaxation techniques such as deep breathing or meditation, engaging in physical activity such as yoga or walking, or finding creative outlets such as writing or art can be effective at reducing the impact of stress on your life. By managing stress, individuals can reduce the negative effects of stress on the body and improve their overall health and well-being.

#### **Get Active**

Get active this Fall by incorporating regular physical fitness into your routine! Exercise is important for mental health, reducing stress and anxiety, improving mood, and promoting better sleep. Here are some tips for staying physically fit:

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### *(Workplace Violence Prevention continued)*

relationship with the business as a customer, client, patient, or student and turns to violence to express frustration or dissatisfaction.

**Type 3 – Worker on Worker.** A disgruntled employee or former employee who becomes violent or threatens other employees.

**Type 4 – Personal Relationship.** The perpetrator seeks out their intended victim at their place of work.

- Examples of workplace violence among co-workers include: verbal abuse, anger-related incidents
- sabotage, vandalism, property damage
- intimidation, threats (direct or indirect)
- physically aggressive acts
- pushing, physical assault
- psychological trauma
- harassment, stalking
- use of a weapon
- arson, rape, murder

Ideally, there will be a zero-tolerance policy towards workplace violence and bullying that covers all workers, contractors, visitors, and anyone who may come in contact with company personnel.

It is critical that all workers know where to find and understand their district's **Workplace Violence Prevention Plan** and reporting policies.

All claims of potential or actual workplace violence or bullying should be confidential, taken seriously and investigated promptly.

All employees are required to complete the Public School Works. M-956 Workplace Violence Prevention (California) course. This training is part of the workplace violence training required by the State of California and will educate school staff about workplace violence laws. Completing it will help you understand your employer's obligations, what workplace violence is and how to respond should you become the target or witness it in the workplace. Topics in this course include: California laws and requirements; identifying workplace violence; workplace violence prevention plan; and what everyone can do to reduce workplace violence.

California Specific Regulations

California Labor Code (LAB), § 6401.9

### ***(Fall Wellness Tips continued)***

- ✓ Try to get around 30 minutes of moderate exercise 5 days a week.
- ✓ Incorporate strength training exercises at least two days a week to build and maintain muscle mass.
- ✓ Make exercise a part of your daily routine, whether it's a morning walk, lunchtime yoga, or an evening bike ride.
- ✓ Find activities you enjoy to make exercise more enjoyable and sustainable.

### **Sleep Hygiene**

Getting enough quality sleep is essential to many bodily functions. However, only about 30% of people get the recommended 8 hours of sleep regularly. Poor sleep can lead to a variety of physical and mental health issues, like obesity, chronic illness, and depression.



To improve sleep, it's important to:

- ✓ Establish a consistent sleep routine, which includes going to bed and waking up at the same time every day.
- ✓ Create a relaxing sleep environment by reducing noise and light levels.
- ✓ Maintain a comfortable temperature.
- ✓ Avoid screen time before bed.
- ✓ Avoid caffeine and heavy meals before bedtime, as well as limiting alcohol and nicotine.

By making these changes and prioritizing sleep, individuals can experience better physical and mental health.

## **Create Safe and Supportive Environments for Students and Educators Returning for a New School Year**



### **Emergency Planning**

Schools must be prepared to face a range of emergency events, including natural disasters, crime-related incidents, and accidents. Emergency planning is a key component of school safety that can include large-scale actions or everyday activities that help build a safe school environment. Elements of emergency planning include creating a comprehensive school Emergency Operations Plan (EOP), holding tabletop exercises to test procedures and protocols, conducting developmentally appropriate drills so that all members of the school community can practice the actions they would take before, during, and after an emergency. Schools should also have planning teams in place that include a wide range of school personnel and community partners and first responders, and review, evaluate, and update schools EOPs on a regular basis.

### **Bullying and Cyberbullying**

Eliminating bullying in schools requires a multi-faceted approach, including identification, prevention, immediate response, and appropriate support for serious incidents, as well as attention to cyberbullying and online harassment, including gender-based harassment and violence. School-based programs that strengthen students' skills; build a positive and supportive school climate; modify the physical and social environment, including guidance on appropriate, respectful engagement online; and engage parents and youth can play a part in preventing bullying and/or reducing key risk factors.

### **School Climate**

School climate is a broad, multifaceted concept that

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## Annual Facility Review/Safety Inspection Reminder



The SISC annual facility reviews/safety inspections will begin in October. The JPA will notify you a week prior to your inspection date.

### A few reminders before your inspection:

- ✓ All chemicals/cleaning products must be stored in an area inaccessible to students
- ✓ Fire extinguishers have been routinely inspected - monthly
- ✓ Ceiling tiles with water stains and/or damage are replaced
- ✓ Materials stored overhead must be restrained or secured
- ✓ Check appliances to make sure they are allowed
- ✓ Furniture must comply with Technical Bulletin 133 and be treated with fire retardant
- ✓ File cabinets and shelves more than 3 feet in height must be secured to an adjacent wall to prevent overturning
- ✓ Doorways must be kept clear and allow for 36 inches of egress space at all times
- ✓ Check playground equipment for cracks, rust, missing parts
- ✓ Shop equipment must be properly anchored during times of use and must have safety guards
- ✓ Air fresheners, wall plug ins and diffusers are not allowed
- ✓ Eye wash stations must be visually inspected and the mechanical functions must be tested monthly

## *(Create Safe and Supportive Environments for Students and Educators Returning for a New School Year-continued)*

involves many aspects of the student's educational experience. A positive school climate reflects attention to fostering social and physical safety and encouraging and maintaining respectful, trusting, and caring relationships throughout the school community. Schools and districts should implement social, emotional, and behavioral support systems to create a climate that supports and responds to student behavior and well-being needs. School leaders can support student character development practices in the classroom and school, as well as collaborating with families and community organizations.

### Threat Assessment and Reporting

Identifying, reporting, and addressing concerning student behaviors and other suspicious activities can help stop violence before it occurs. One practice schools may consider is the use of well-trained and diverse multidisciplinary school threat assessment teams. These teams should include certified mental health professionals and the approach should include providing the supports and interventions students need when they need them. Schools may also establish a reporting system that is continually monitored and allows anonymous reporting to help members of the school provide information on concerning behaviors or suspicious activities.

### Mental Health

Students often come to school with complex physical and mental health concerns or social service needs. Schools are critical partners in supporting the mental health and well-being of students and should create a positive, safe, and affirming learning environment. To help address youth mental health and behavior and take appropriate action if needed; implement evidence based practices within a Multi-Tiered System of Supports framework; provide access to school-based mental health services and programs; promote school connectedness; and adopt a school-wide trauma-informed or sensitive approach.

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