

# wellness & safety

Schools Insurance Authority



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## Summer sunshine can be too much of a good thing without proper protection

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

Summer and sun protection go together like peanut butter and jelly. But unlike your favorite childhood sandwich, where the only decision required is whether to have creamy or chunky peanut butter, there are many options when it comes to sun protection. Having multiple choices is great news for your skin – it means more ways to keep it safe from the damaging effects of the sun – but not so great for your indecisive brain.

According to the American Academy of Dermatology, skin cancer is the most common form of cancer in the United States. One in five Americans will develop it in their lifetimes, making it more common than all other forms of cancer combined. In addition, those who work outdoors are three and a half times more likely to develop skin cancer than those who don't. The costs of treatment can be financially and physically detrimental to workers and employers.

It's no secret that long-term exposure to the sun's ultraviolet (UV) rays can cause redness, heat and pain, otherwise known as a sunburn. All of these reactions to UV rays are the body's attempt to repair its skin cells. Long-term damage can result in permanent skin damage, aging, wrinkles and ultimately skin cancer.

Now for some good news. Although skin cancer is the most common form of cancer, it's also the most preventable. A combination of sunscreen, protective clothing/gear and shade can significantly reduce skin damage and cancer risk.

OHSA experts recommend the following for sun-exposed workers:

- Wear loose-fitting, long-sleeved shirts and pants.
- Use a sunscreen with an SPF of at least 30.
- Wear a wide-brimmed hat to protect neck, ears, eyes, forehead, nose and scalp.
- Wear UV-absorbent sunglasses.
- Limit exposure between 10 a.m. and 4 p.m.



If the use of sunscreen hasn't become a part of your daily regimen, it should, especially during the summer months. This is one of the simplest, most effective and least expensive ways to prevent sun damage. However, with so many types of sunscreen products on the market, it's hard to know the differences in how they work and which ones you should use.

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## COVID-19 information and resources for our members

In an effort to assist our member districts, SIA has two pages dedicated to COVID-19 on our website.

The Coronavirus Guidance for Schools and School Districts page has information



and links to governmental and regulatory resources to keep districts updated. There's also information to help protect employees who are serving essential functions on district property.

The COVID-19: Remote Work and Wellness Resources page provides links to resources for those who are working from home, including ergonomic tips for home offices. There's also assistance for maintaining mental and physical health.

Both pages can be accessed from the "HOT TOPICS" section on the home page at [www.sia-jpa.org](http://www.sia-jpa.org).

- Celebrating appreciation
- Explaining resistance training

## Gratitude campaign highlights coworker appreciation

To create more appreciation and connection in the workplace, the Sacramento City Unified School District recently conducted a “gratitude campaign” called The Power of Gratitude.

For this campaign, “gratitude cards” were provided to sites, and administrators and department managers were encour-



SCUSD coworkers share gratitude cards during the district’s recent “Power of Gratitude” campaign.

aged to hand out the cards at each staff meeting. Employees were asked to pause and acknowledge specific things that their coworkers did for which they were grateful, then write notes on the cards and deliver them to the coworkers at the meeting. (A variation of this gratitude exercise has staff place their cards into a basket at the meeting, during which someone reads the cards aloud to the group.)

To learn more about how to run a gratitude campaign at your school sites, contact Michele Mariscal at [mmariscal@sia-jpa.org](mailto:mmariscal@sia-jpa.org).

## Quote to Note



*“I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.”*

– Lao Tzu

## Resistance Training: What is it and how much should we be doing?

By Eric Thygesen, SIA Prevention Services

There are two types of exercise: aerobic or cardiovascular exercise and resistance or strength training exercise.

Aerobic exercise challenges the heart and lungs, improving their function and keeping those systems healthy. Examples of aerobic exercise are walking, jogging, biking and hiking.

Resistance exercise builds muscular strength or muscular endurance through lifting weights, body weight exercises and resistance bands. Strengthening muscles is great for lowering the risk of injury and increasing bone density. Other benefits of resistance training include:

- Muscle strength, endurance and power
- Bone, muscle and connective tissue growth and durability
- Communication between brain and muscle
- Growth hormone
- Blood glucose regulation
- Aerobic fitness



The American College of Sports Medicine (ACSM) is the gold standard for information on exercise. ACSM recommends a minimum of two days per week of resistance training for 10 to 15 minutes. (Note: In the U.S., only 29 percent of us meet these muscle-strengthening guidelines.)

When developing your strengthening routine, consider the suggestions below. Consult with your doctor before beginning any exercise program.



- Try 8-10 multi-joint exercises that use major muscle groups.
- Complete 2 to 3 sets of 8 to 12 repetitions with good form.
- Lift/lower weights in a controlled manner (2 seconds each up and down). The last repetition should be difficult to complete.
- Exercise 2 to 3 times per week.
- Increase the weight lifted over time so that it feels like an 8 out of 10 difficulty (where 0 = no effort, 10 = the hardest effort you can give).



## It's never too soon for these 7 summer safety tips

By Deborah R. Camacho, M.S., SIA Prevention Services



Summertime will soon be upon us and, hopefully, shelter-in-place orders will be winding down in time for all to enjoy the season with friends and family. Regardless, temperatures will be rising and once again it'll be time for swimsuits, hammocks, bikes, grills and more. Even though summer comes every year, it's always a good idea to review some outdoor safety tips that can help us stay safe and well while enjoying summer fun.

**1. Hydrate:** Probably the most important summer safety rule is to drink plenty of water. It's advisable to hydrate at least once every 20 minutes when doing vigorous exercise. During the summer, the body will lose water through sweating and evaporation, which can lead to dehydration. Dehydration can lead to dizziness, tiredness, irritability, confusion and low blood pressure.

Supplement water intake with hydrating fruits and vegetables. For those who enjoy camping, it's advisable to have access to equipment that can either filter or boil water for drinking. It's important to have drinking water that's clean and safe to drink.

**2. Take Cover:** Spending too much time in the sun unprotected can be dangerous. Medical experts agree that excessive sun exposure can be dangerous, even lethal, for some individuals because of skin cancer risk.

Also, too much time in the sun can lead to heat exhaustion, heatstroke, sunburn and eye damage. Take time to apply sunscreen, wear proper clothing and pay attention to how your body is feeling in the heat.

**3. Keep Bugs At Bay:** Just as you enjoy being outside in the summer, so do the bugs. Ants, bees, mosquitoes and other insects also go out to play in the warm weather. How do you ensure they stay away from you?

- Talcum powder or chalk can help keep ants away from a patio.
- Pools and ponds attract bugs. Keep your distance from them.
- Try using an eco-friendly solution like mint and other plants to repel bugs.
- Avoid strongly scented body and hair products that can be attractants.
- Check for ticks on infants and children each day as ticks are always around in the summer.
- Make sure children wear light clothing when outdoors. Also, infant carriers and strollers should have protective mosquito nets.



**4. Prepare for Emergencies:** While the wonderful outdoors in summer brings many more activities to life, more accidents also can result. The U.S. Consumer Product Safety Commission (CPSA) says that people are most likely to be injured during the summer months.

Here are some tips to help you prepare for emergencies:

- Make sure that your first-aid kit is properly stocked and brush up on your first-aid skills.
- Keep a supply of over-the-counter medical supplies such as gauzes, bandages, painkillers, antacids, etc.
- Carry emergency supplies like high-energy bars, water and first-aid items when hiking and camping.
- Update your emergency contacts and make sure to carry the list with you. Share these contacts with your kids and review with them how to respond to an emergency.
- Know the weather forecasts and how to prepare for the day.
- Remember to use safety equipment like helmets, knee pads, gloves, sunglasses and hiking shoes.
- Be extra alert around water activities. Provide everyone with a life vest, seek lifeguards when possible, and always designate one parent to watch the children while in or near the water.
- Monitor alcohol intake when around water. Alcohol decreases the body's motor functions and reduces its ability to regulate heat.

**5. Beware of Poisonous Plants:** Summertime means beautiful blooming flowers, but some can be potentially harmful. Ensure that you and your family have a basic knowledge of the common poisonous plants, such as poison oak, datura (angel's trumpet), stinging nettle, lantana (verbena) and oleander.

Teach your children what to do in case they come in contact with poisonous plants. Management usually entails washing off the affected area and changing clothes immediately. Most remedies include an antihistamine and/or a hydrocortisone cream, but it's best to consult a doctor first.

**6. Beware of Food Poisoning:** When the weather is nice, many people prefer to eat their meals outside. Hiking and camping also involve outdoor eating. However, summer's higher temperatures mean that food eaten outdoors spoils faster and, as a result, can cause food poisoning. The most vulnerable foods are eggs, dairy products and mayonnaise. Statistics from the Centers for Disease Control and Prevention (CDC) indicate that some 48 million Americans get sick each year from food

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- Save your summer skin
- Relax and de-stress

## Save your skin in the summer sun

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To understand how sunscreens work, it's important to understand what Sun Protection Factor (SPF) means. SPF's measure a sunscreen's ability to block UV-B radiation. The higher the number, the more UV-B rays it can block. No sunscreen can block all UV-B rays, but SPF-50 can block 98 percent of incoming UV-B radiation. SPF only measures protection for UV-B rays, not the UV-A rays, which cause the long-term damage — and not all sunscreens protect against both. This is why it's important to look for sunscreens labeled broad spectrum. At best, sunscreen protection will last for about two hours.

The keys to successful sunscreen use are:

- Use one ounce per application (the amount that fills a shot glass).
- Apply at least 30 minutes prior to sun exposure.
- Use it often.
- Reapply every two hours when exposed to UV rays.

Another relatively easy and inexpensive preventive measure is clothing. Clothing labeled with a significant ultraviolet protective factor (UPF) will protect against both UV-A and UV-B rays. UPF is different from SPF in that it applies to clothing, it always protects from both types of rays, and the rating

*Skin cancer may be the most common of all cancers, but by taking proper preventive measures, the risk of developing skin damage or skin cancer can be significantly reduced...*

number directly correlates to the amount of UV that it blocks. For example, 50 UPF means that only 1/50th of the sun's rays will pass through the fabric. UPF clothing comes in just about every style and color, and some has advanced options such as activated cooling technology.

And let's not forget the eyes. The risk of eyelid cancer, macular degeneration and cataracts can increase with UV ray exposure. According to the American Optometric Association, sunglasses can block

almost 100 percent of UV rays, with polarized lenses offering even more protection, especially around water, snow and other bright environments.

The bottom line is that it's always important to use a minimum SPF-30 broad-spectrum sunscreen daily, wear a hat or other protective clothing, and use sunglasses or safety glasses when outdoors. Skin cancer may be the most common of all cancers, but by taking proper preventive measures, the risk of developing skin damage or skin cancer can be significantly reduced, saving both lives and financial resources.

Resources:

<https://www.aad.org/media/stats-skin-cancer>

[https://www.osha.gov/OshDoc/data\\_Hurricane\\_Facts/working\\_outdoors.html](https://www.osha.gov/OshDoc/data_Hurricane_Facts/working_outdoors.html)

<https://www.aoa.org/newsroom/do-your-sunglasses-really-protect-your-eyes-from-the-sun-x6717>

## Relaxing the body effectively de-stresses the mind

By Deborah R. Camacho, M.S., SIA Prevention Services

Progressive Muscle Relaxation (PMR) is an effective technique for reducing overall body tension as well as psychological stress. This simple technique involves the tensing and relaxing of all the major muscles in the body, from head to toe. By tensing muscles for short periods and then relaxing them, you can let go of any physical tension more effectively. It's a technique that can be easily learned and practiced virtually anywhere.

Research shows that relaxing the body physically also can release psychological tension and stress,



which in turn can minimize chronic stress overall. There are a number of effective ways to minimize psychological and emotional stress and PMR offers an additional tool to manage it and build resilience. With regular practice, the relaxation triggered by this technique can happen more quickly and automatically, making PMR a great go-to exercise for many situations.

It takes less time to develop this skill than you may imagine. Once you're able to relax your body from head to toe, your mind will feel more relaxed and your overall stress levels will decrease. This exercise can help you minimize chronic stress and build resilience against future stress occurrences. You can use progressive muscle relaxation to quickly de-stress virtually any time, making it a pleasantly effective tool.

Select the link below to see a short video on **Progressive Muscle Relaxation (PMR)**.

[https://youtu.be/sN\\_iLz-K17Y](https://youtu.be/sN_iLz-K17Y)



## There's more to cleaning than meets the eye

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

Cleaning away the dust, dirt and crumbs that accumulate around the house is one thing, but if you're trying to reduce the risk of harmful bacteria and viruses that can contribute to the average flu or, currently, the coronavirus (COVID-19), then you'll need to go a little deeper. Cleaning, sanitizing and disinfecting are all related terms, but they're not interchangeable. So if you're unsure which of these methods to employ in your home, or how to choose the right cleaner or technique for the job, stay calm and read on.

Invisible germs can lie in wait to infect the next person who comes in contact with them. According to the Centers for Disease Control and Prevention (CDC), it's important to understand the difference between "cleaning", "disinfecting" and "sanitizing"

so that your home is a healthy environment that will not expose your family to the latest disease making the rounds.

Cleaning in the technical sense is just wiping away dirt and debris from surfaces. Basic household chores such as vacuuming, doing the dishes, dusting and washing windows are forms of cleaning that keep your home attractive as well as healthy.

Some products that you may use for cleaning may include:

- All-purpose kitchen or bathroom cleaner
- Dishwasher detergent
- Furniture polish
- Floor cleaner
- Vinegar, baking soda or other homemade cleaners

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## 7 summer safety tips

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poisoning. To reduce the chances of food poisoning, do the following:

- Separate meat, poultry and seafood into individual plastic bags to avoid cross-contamination.
- Chill meat, poultry and seafood until ready to grill. Keep in an insulated cooler when transporting.
- Clean your hands with soap before and after handling food.
- Check the grill and clean thoroughly with a wire-bristle brush. Wash work surfaces and utensils.
- Throw out marinades and sauces that have touched raw meats, poultry and seafood.
- Cook food using a food thermometer to ensure proper cooking temperatures.
- Refrigerate leftovers in small portions and covered containers. Freeze or refrigerate within two hours of cooking.

**7. Grilling Safety:** Grilling is another much-loved activity during the summer season and there are useful steps to take to keep grilling safe for you and your family. (Note: The National Fire Protection Association says that fire departments are called to extinguish approximately 2,000 barbecue-related home fires each year.)

- Avoid loose, dangling clothing.
- Never set up a grill on a wooden surface.
- Grill in the open to avert the chance of carbon poisoning and accidental fire.
- Ensure the grill is at least 10 feet away from other objects.
- Make sure the grill is not left unattended, especially when children are present.

Finally, while the allure of spending all your time outside is quite tempting, just be cautious. Follow these tips, protect yourself outdoors and you'll get the most out of this wonderful time of year. Stay safe and enjoy it all.

## Help curb school vandalism

With the closure of schools due to COVID-19, many of our member districts have begun to see a rise in vandalism on their school properties. As a proactive measure, SIA has engaged the CatapultEMS Anonymous Reporting Solution to help prevent future vandalism occurrences.

School staff, students, neighbors and community members can use their smart phones to anonymously report suspicious activity or knowledge of vandalism details. Upon activation of the service, districts can display posters in visible locations on school campuses or post information on their websites to access the reporting tool.

CatapultEMS uses WeTip integration to monitor incoming reports 24/7 for immediate action and reports directly to schools or district administrators for followup. To learn more, contact your district risk manager or business office.

### Use WeTip

#### For more information

contact Teresa Franco at [tfranco@sia-jpa.org](mailto:tfranco@sia-jpa.org)  
or 916-364-1281, ext. 1256.



WWW.WETIP.COM

**1-800-78-CRIME**

## Cleaning and disinfecting properly helps curb illness

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Disinfecting, on the other hand, kills germs using chemicals that are formulated to destroy viruses, bacteria and other microorganisms. Think big messes, particularly those that involve bodily fluids, blood or equipment used in medical environments. In household settings, for example, you'd disinfect toilets and sinks.

The Environmental Protection Agency (EPA) regulates the chemicals that are used to disinfect. An EPA-approved disinfectant will have an EPA registration number found near the bottom of the label, assuring that the product will kill germs. However, no single disinfectant will kill all germs, so be sure to check the product label to verify which viruses or bacteria it will destroy.

Disinfecting products can include one or more of the following germ-killing ingredients on their labels:

- Chlorine bleach
- Hydrogen peroxide
- Glutaraldehyde
- Isopropyl alcohol
- Formaldehyde
- Phenol

Lastly, sanitizing is the process of reducing germs on surfaces to meet public health standards. This process is similar to disinfecting, but sanitizing products do not require an EPA registration number. Instead, if the word "sanitizer" is on the product's label, it must meet the EPA requirement of reducing the total number of organisms by 99.999 percent within 30 seconds if used in the food service industry. For household use, a sanitizer should kill 99.9 percent of organisms within five minutes. Sanitizing products should specify where and how to use it for the best results.

Sanitizing products include:

- Hand sanitizers
- Liquid sanitizers that do not contain cleaners; these are intended for use after a surface has been cleaned
- Cleaning products that have the term "sanitize" on the label

Disinfectants and sanitizers aren't intended for cleaning, so when they're used on dirty surfaces, they're less effective because germs can hide in messes like leftover food debris. It's better to use a cleaning product first to remove visible dirt and grime from a surface, then apply a disinfectant or sanitizer. Depending on the active ingredients, a product may need to

stay on a surface for up to 10 minutes to destroy all germs. Be sure to use the product as directed on the label.

The exception to the process above is when you need to disinfect often, such as during a virus outbreak. In this case, keeping the house dirt- and debris-free is important, but you don't have to vacuum or dust every



time you disinfect. For example, during a disease outbreak, keep a container of disinfecting wipes in the kitchen and every bathroom to wipe down faucets, drawer pulls and doorknobs every time a family member or guest touches them. Clean other surfaces as needed and then disinfect or sanitize after cleaning.

However, if a family member becomes ill, the cleaning process will need to be adjusted to focus on keeping the other members of the household from becoming ill. Continue to follow the daily cleaning, sanitizing and disinfecting guidelines, but use the following procedures when cleaning the rooms used by ill family members:

- **Separate the sick individual.** If possible, confine him or her to a separate bedroom and bathroom to keep germs contained to a small area.
- **Regularly clean and disinfect shared surfaces, but not immediately.** If the family must share a bathroom, the CDC recommends waiting as long as possible after the ill person uses it before disinfecting. By waiting an hour or longer, the airborne germs have a chance to settle, making it less likely for someone else to inhale them. No one else should use the bathroom until it has been cleaned, disinfected and sanitized.
- **Clean personal spaces after the illness passes.** After the sick individual recovers, thoroughly clean, disinfect and sanitize the areas used.

Resources:

<https://www.cdc.gov/flu/school/cleaning.htm>

<https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>