

Summer's winding down, so be open to the magic that autumn brings



Don't let the end of summer fun drive you inside. Autumn is an ideal time to get out in the fresh air and be active. Look for ways to have quiet time for yourself, as well as time to gather with friends and family. Here are some ideas to get you started:

- Go apple picking. When you get home, try a new recipe with your bounty.
- Take a walk in a park, by a river or in the mountains and enjoy the changing colors of the leaves.
- Gather your friends for a tailgating party before a football game.



- Plant bulbs in your garden to enjoy next spring.
- Rake the leaves in your yard and then jump around in the pile.
- Take a walk in your neighborhood to see the Halloween decorations.

- Visit a vineyard and tour a winery.
- Go to a pumpkin patch and wander around looking for the "perfect" pumpkin.
- Get lost in a corn maze.
- Breathe in the cool, crisp air. Open your windows.
- Collect pine cones. Display them in a glass bowl or spread peanut butter on them and sprinkle with bird seed for a treat for the birds in your yard.
- Attend a fall festival. Play the carnival games.
- Watch a children's soccer game.
- Sit outside by a fire and tell ghost stories.
- Participate in a local 5K fun run.
- Take a bike ride.



What other activities can you think of? Be creative, have fun and get moving!

New rule: 15-mph speed limit within 500 feet of City schools

In June, the Sacramento City Council approved a resolution establishing a 15-mph speed limit within 500 feet of schools. The new rule will affect streets near 115 public, private and charter schools within the City of Sacramento.



The change is the result of Vision Zero, an action plan approved by the Sacramento City Council in 2018 to eliminate traffic fatalities and serious injuries in Sacramento by 2027. The plan

was created through a joint effort by City departments, council members and citizen stakeholder groups.

According to the Office of Traffic Safety's collision rankings, in 2016 Sacramento had the highest number of speed-related traffic fatalities of any city in the state. Sacramento also was the worst city in California for collisions in which pedestrians under the age of 15 were killed or severely injured. The California Vehicle Code grants authority to local jurisdictions to establish 15-mph speed zones around qualified schools when children are present.

It will take a few months for the new signs to be installed; the speed limit will be enforced once the signs are posted.



As temperatures decline, keep these space heater safety tips in mind

Lyn Poll, M.S., SIA Prevention Services

As the leaves start changing and whispers of cold air begin to make their way through your work space, you may begin thinking about ways to stay warm this winter. The idea of placing a portable space heater at your desk might come to mind.

Portable electric space heaters are becoming more common in workplaces and there are no federal workplace safety rules that specifically prohibit space heaters at work. However, OSHA requires that all electrical equipment be used in accordance with manufacturer specifications on the unit labels and in the user manuals.

Space heaters can present a “major workplace safety hazard,” according to the Electrical Safety Foundation International (ESFI). It’s therefore recommended that those who want use these heaters first check



Space heaters can pose fire safety hazards in the workplace...precautions can reduce the risks...



with both site supervisors and district policy. Also, consult with fire officials regarding local regulations. If heaters are allowed, follow these safety tips from the National Fire Protection Association (NFPA):

- Get supervisor approval.
- Buy heaters with the seal of a qualified testing laboratory, such as Underwriters Laboratories (UL).
- Keep heaters at least 3 feet (1 meter) from flammable materials such as papers, file cabinets, desks, trash cans, paper boxes, clothing and rugs.
- Choose heaters with thermostats and overheat protection.
- Place heaters on solid, flat surfaces.
- Make sure each unit has an automatic shut-off in case of a tip over.
- Keep heaters away from foot traffic. Never block an exit.
- Keep children away from space heaters.

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Watch that edge!

Stairs, stages and loading docks are just some of the workplace ‘drop-off’ hazards to be aware of

Constant awareness is key when working around open “drop-offs,” such as stairs, loading docks and stages. Since it’s functionally difficult to build barricades across these open areas, extra caution is necessary. Minimize the risks with awareness and the following precautions:



- Ensure proper lighting in all areas where there’s a drop-off hazard.
- Prohibit jumping from stages and docks, which can lead to serious ankle, knee and back injuries.
- Install movable guard rails, flags, chains or other visible warning devices.
- Maintain clean and dry surfaces near all drop-off edges.
- Paint loading dock edges yellow to provide better edge visibility.
- Use contrasting colors, LEDs or fiber-optic lights on stage edges for performers.

For additional regulatory information regarding loading docks, fall protection and more, review the California Department of Industrial Relations, General Industry Safety Orders, Title 8.

Quick desk s-t-r-e-t-c-h-e-s

- Clasp hands together, flip them inside out and reach them overhead. Gently twist left and right.
- Flex your left hand up toward the ceiling and pull back your fingers with your right hand. Flip your left hand down so that your fingers face the floor, then pull back your fingers again with your right hand. Repeat on the right side.
- Sitting upright, inhale as you lift your right shoulder to your ear. Exhale as you slowly roll your shoulder around and back again, dropping it away from your ear. Repeat on the other side, then do both shoulders at once.



Plan now for wildfire smoke exposure

Wildfires have become more common in California, and last year the Sacramento region was enveloped for days in wildfire smoke from the devastating Camp Fire. Although this smoke event was unusual, officials from the Sacramento County Public Health Department and the Sacramento Metropolitan Air Quality Management District have shared important information for the upcoming fire season. Learn how to prepare before the next smoke event happens.



Air Conditioner Settings and Filters

- Look at your air conditioner's setting for a recirculating mode and learn how to recirculate indoor air.
- Learn about high-efficiency HEPA air filters that work with your air conditioner. Have extra filters ready.
- Be sure you know how to replace your air filters.
- If you don't have an air conditioner or a system that allows for indoor air recirculation, or for those sensitive to smoke, develop a plan for temporary relocation during smoke events.
- Cleaner, filtered air may be found at a public library or shopping mall.

N95 Respiratory Masks

- N95 masks only should be used as a last option. These masks may cause difficulty breathing. People with lung conditions should contact a healthcare provider before using an N95 mask.
- N95 masks are not made for children.
- Dust/surgical masks, towels and bandanas are not effective against smoke.

Make a Plan for Your Health

- Contact your healthcare provider to discuss how to manage chronic health conditions due to smoke exposure.
- Those with asthma should follow their asthma management plan.

For additional information and resources, see the following:

The Sacramento Metropolitan Air Quality Management District mobile app (free download from all app stores) – air quality forecasts and current readings from air monitors throughout the region.

The Sac Metro Air District's Spare the Air website (www.sparetheair.com) – daily forecasts, current conditions, wildfire smoke information.

The California Air Resources Board website (www.arb.ca.gov).

How to handle an angry caller

You know what an angry person's voice sounds like: high-pitched, elevated, with long pauses and sighs, and a condescending tone. You may hear threats, swearing, shrill demands or terse answers. Once you've identified an angry caller, what next?

An angry caller actually has two problems: a relationship problem with your school or district and a specific problem that prompted the call. You must acknowledge the first problem first. The best way to repair the individual's relationship with your site is to establish a connection.



When appropriate, angry callers need you to make them feel:

- **Valued.** Say: "We value your part in our school, and I'm sorry your experience was less than you expected and deserved."
- **Appreciated.** Say: "Thank you for taking the time to make us aware of this situation."
- **Respected.** Say: "You make a valid point" and "I can understand why that would make you upset."
- **Understood.** Say: "That makes sense" and "I see what you mean."
- **Comfortable.** Say: "Let me know what we can do to better serve you."

Source: Communication Briefings



• Safetyville's annual trick-or-treat gathering is in the works

Use WeTip

For more information contact Teresa Franco at tfranco@sia-jpa.org or 916-364-1281, ext. 1256.



1-800-78-CRIME

StopIT!

For additional information on starting this program in your schools contact Rick Jenkins at rjenkins@sia-jpa.org.

Quote to Note



"Let us remember: One book, one pen, one child and one teacher can change the world."

– Malala Yousafzai

Halloween Haunt 2019

Safetyville's annual trick-or-treat event is on the calendar

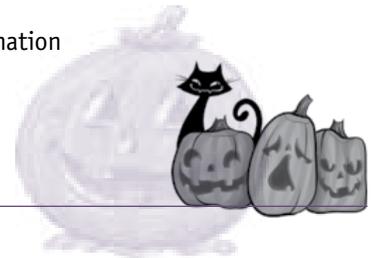


Halloween Haunt has offered a unique setting and safe alternative to trick-or-treating for families with young children since 1991. Set in Safetyville, USA, Sacramento's unique miniature city, the event features carnival games, a costume parade, safety demonstrations and activities, and, of course, trick-or-treat stations.



This year's event will be on Saturday, October 26. Safetyville is at 3909 Bradshaw Road, Sacramento, 95827. Purchase tickets online or at the gate. Admission is \$5 per person (ages 3 and older) and unlimited games wristbands and family packs also are available.

For additional information call 916-438-3357 or email info@safetycenter.org.



Space heater safety *(continued from page 2)*

- Plug heaters directly into wall outlets. Never use extension cords or power strips, as they can overheat and start a fire.
- Turn off and unplug heaters at the end of every work day.

There's no question that space heaters can pose fire safety hazards in the workplace, but by establishing clear guidelines and taking proper safety precautions, your district can significantly reduce the risk of heater-caused fires.

Sources:

Safe Guidelines for use: Space Heaters: <https://www.safetyandhealthmagazine.com/articles/17664-safe-guidelines-for-use-space-heaters>

Electric Portable Space Heater Safety: <https://www.nfpa.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.