

SAFETY BULLETIN

May 2018



The Summer is Coming, The Summer is Coming!

Gotta get these kids through testing! I need to clean out my classroom! We need to practice graduation! How will I ever make it through the end of the year, when what I really want to do is GO TO THE LAKE NOW?



FACT: Injuries at School increase in the Fall and the Spring

Studies have shown that school employees are most likely to be injured in the beginning and end of the school year, mostly due to rushing, inattention, and time constraints.

The Real Risks

Simple injuries like sprains and strains are most common when we hurry. Slips, Trips, and Falls, as well as back and shoulder issues from lifting improperly can ruin your summer.

Slow is Smooth. Smooth is Fast.

When workers try to get too much done too fast they may take reckless shortcuts. Plan extra time to get things done, and know when to say "no". Prioritization is the key.

Take Care of Yourself, Reduce Stress:

Ensure you are getting enough sleep, even if you must pull your shades early. Drink enough water, eat well, and ensure you take some personal time to exercise (outside in the spring weather is best). And remember, that lake will be there in a few weeks. I hope to see you there!

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, the Loss Prevention Manager for STSIG at kwalling@stsig.org, or 530-221-6444.

And remember: *Stay Alert, Stay Alive!*