

FIRE SAFETY:

Fire Prevention is Everyone's Responsibility!

Most fires start in the bathroom and at the beginning and end of the school year. Take care to empty trash cans and unplug heaters. Don't overload outlets or powerstrips.

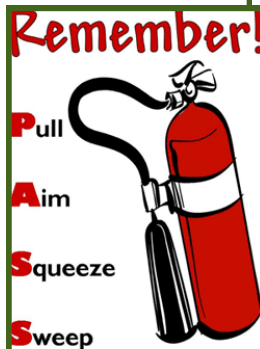
Decorations and Displays:

- Can't block or conceal exit doors, exit lights, electrical outlets, fire alarms or extinguishers
- Should be fire resistant (documentation req.)
- Max 25% of walls covered with non-fire resistant decorations
- 4 feet from exits and corners
- Nothing overhead (hanging)
- No flames: Candles, scent pots, incense, etc

Fire Extinguishers:

- Must be accessible, 3.5 to 5 feet above floor and within three feet of the door
- Inspection tag filled out monthly
- Use the PASS procedure to put out a fire
- Make sure your fire pulls and extinguishers are not blocked from view and are easy to reach!

•**Employers must familiarize employees** with the general principles of fire extinguisher use and the hazards involved with incipient stage fire fighting. Training must be completed upon initial employment and at least annually thereafter. •Employees designated to use fire fighting equipment as part of an emergency action plan must be trained in the use of the appropriate equipment. **Section 142.3, Labor Code**



PEST MANAGEMENT:



DID YOU KNOW???

...In order to use anti-microbial sprays and wipes at any school site, you are required to complete a one-hour class covering the dangers pesticides present to children? -SB1405, Food and Agricultural Code 13186.5. (a)

The training must be certified by the Department of Pesticide Regulation, and must be taken annually as long as you continue to use pesticides on your school site (even so-called "green" pesticides).

WHY??? Children are at a higher risk of injury from chemicals physiologically and it is our moral duty to protect them. And it is the law.

How do you get the training? Ask your district safety coordinator to contact the Loss Prevention manager at STSIG for a free class.

INJURED AT WORK?

STEP 1: Notify your supervisor immediately

STEP 2: Call the Early Intervention Nurse (EIN) at 1(877) 742-3467, toll free

STEP 3: The EIN will make a doctors appointment for you if necessary

STEP 4: Immediately after seeing the doctor, take your medical evaluation to your district's work comp contact and your supervisor

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SHASTA-TRINITY SCHOOLS
INSURANCE GROUP

Back To School Safety for Employees

Slips, Trips and Falls

Safe Lifting

Bloodborne Pathogens

Fire Safety

Pest Management

**SAFETY
FIRST**





Bloodborne Pathogens:

Bloodborne Pathogens are viral diseases that can infect a person if they are exposed. Exposure in the school setting, though rare, can occur.

Infectious Diseases in the Blood

-Hepatitis B Virus (HBV) Causes hepatitis, a serious liver disease. There is a vaccine available to prevent HBV contraction if exposed.

-Human Immunodeficiency Virus (HIV) Causes Acquired Immune Deficiency Syndrome (AIDS). Attacks the immune system causing it to break down. There is currently no known cure and no vaccine to prevent HIV

Minimizing Your Risks:

-Use Universal Precautions. Treat all human blood and other potentially infectious materials are treated as if known to be infectious. Many people who have an infectious disease have no visible symptoms or even knowledge of their condition.

-Wash your hands frequently

-Dispose of contaminated waste properly

-Use Personal Protective Equipment (PPE)

Gloves Face Shield Protective clothing CPR shield

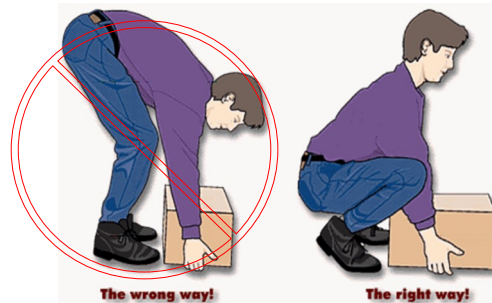
Employers must offer training on initial assignment, at least annually thereafter, and when new or modified tasks or procedures affect a worker's occupational exposure. Training should cover all elements of the standard including, but not limited to: information on bloodborne pathogens and diseases, methods used to control occupational exposure, hepatitis B vaccine, and medical evaluation and post-exposure follow-up procedures.

-29 CFR 1910.1030

Safe Lifting:

Steps for Lifting Safely

- Look at the load and size it up (get help if you have to!)
- Bend your knees- squat as close to the load as possible
- Get a good grip, tighten stomach muscles
- Lift with thighs, keep back straight
- Hold load close to body
- Rotate entire body, never twist while lifting or carrying items



If your back hurts:

1. Maintain good posture
2. Sleep on side/back with a pillow under knees
3. Exercise: stretch before and after lifting
4. Strengthen your core
5. Don't sit or stand for a long time: MOVE!
6. Wears soft-soled shoes, heels less than 1"
7. After injury return to work gradually (follow doctors orders)
8. See a doctor about anti-inflammatories
9. Take a back class



Slips Trips and Falls:



STAY ALERT, STAY ALIVE!

Most accidents involving slips, trips and falls are because of lack of attention. They are also the leading cause of workplace injuries.

Things that will get you hurt:

- Distractions
- Improper footwear
- Physical/emotional stress
- Weather
- Haste

Ladder Safety:

- Rule #1: Use the appropriate ladder
 - Rule #2: Don't fall off
- Also: keep your belt buckle between the frame rails. NEVER stand on a chair or furniture to reach higher. Face ladders when on them. Maintain three points of contact. Never climb on the backside of a ladder. Use a tool belt or tow line.

ALWAYS REPORT SLIP AND TRIP HAZARDS

Remove hazards if possible!



- Slippery surfaces
- Clutter
- Loose rugs or mats
- Damaged flooring
- Cracked sidewalks and steps
- Exposed cables and cords