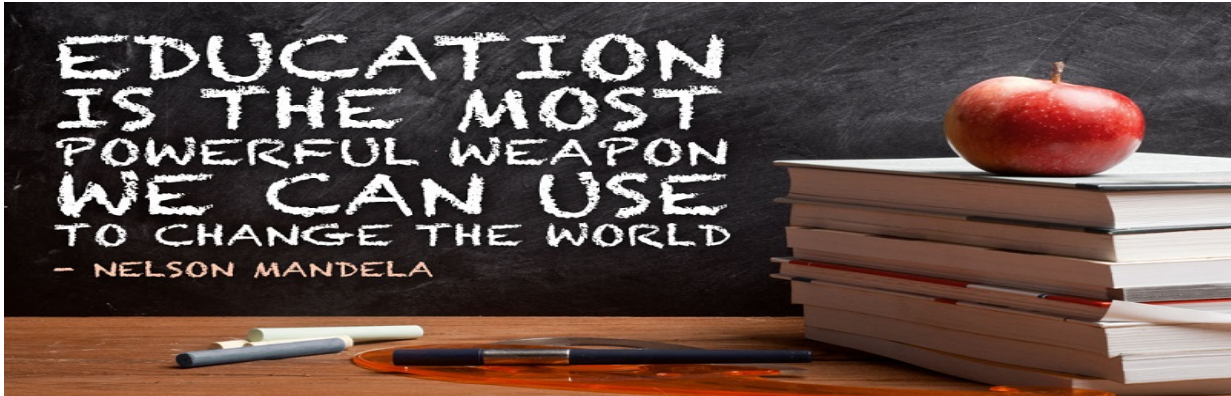




Monterey Educational Risk Management Authority

Loss Control Services Newsletter– Targeting Safety First 



### August 2021: Returning to School Safely

#### Safety Topic

Preventing Slip, Trip and Falls

#### Current Incident Trends

#### Regulation Updates

Covid-19: California  
Department of Education,  
CDC and CALOSHA

#### What's New and Training Announcements

#### CALOSHA Guidelines and Other Resources

## Safety Tailgate Topic – Preventing Slip, Trip and Falls

### Slips, Trips, and Falls Prevention

Slip trip and fall incidents are the second leading cause of disabling occupational injuries. They cause head injuries, back injuries, broken bones, lacerations, sprained muscles, and a significant number of deaths. Prevention requires that all personnel recognize the elements that create the hazards. Ongoing training enables workers and supervisors alike to identify and eliminate the conditions that can lead to slip, trip, and fall injuries. A safety assessment of the workplace allows identification of the areas that might prove unsafe. Most, if not all surface hazards can be eliminated or avoided through proper general housekeeping, including regular cleanup of operations and timely maintenance and repair of these surfaces.

### Preventing Injuries from Slip, Trip and Fall Incidents.

Friction, momentum, and gravity are the physical forces that cause slips, trips, and falls. Engineering controls, such as non-skid coatings on floors or steep surfaces, and warning signs to alert employees of hazards reduce slips, trips, and falls, preventing these types of incidents requires employee safety awareness and safe behavior.

### What are common slip hazards?

- Ice or water that is left unchecked.
- Any oily substance or lubricant that leads to the floor not being slip-resistant.
- Liquids or any material on the top of a nonporous floor (one that is sealed or polished like hardwood, marble, tile or even concrete if it is polished)
- Any wet conditions left behind from things like mopping or painting.
- Any other types of industrial chemicals that can lead to the floor being slippery.
- Wearing inadequate shoes for the job.**

### Why trips occur?

A trip occurs when a worker's foot hits an object, and his or her balance is thrown off. This creates enough momentum for the worker to fall. Trips happen when a work area is cluttered, when lighting is poor, when electrical wires are not adequately covered, when backpacks, boxes or other objects are left in walkways, or when the flooring area has loose tile, frayed carpet or mats that are not tapered at the edges. You can avoid tripping and falling by:

- Making sure you can see over the load you are carrying.
- Ensuring that lighting is adequate.
- Keeping work areas free of clutter.
- Adequately taping/covering wires/extension cords.
- Keeping backpacks and other material out of walkways and other foot traffic areas.

*Slip trip and fall incidents are the second leading cause of disabling occupational injuries and can be prevented!*

## How to prevent Falls

Falls occur whenever you move too far out from your center of balance. Most falls are from the same surface (not from one elevation to another). To avoid falls, consider the following:

- Do not jump. Carefully lower yourself while climbing down from trucks, work stages, or ladders.
- Check lighting. Make sure work sites are well lit.
- Repair or replace stairs or handrails that are loose or broken and use the handrails anytime when using the stairs.
- Keep work areas, passageways, and aisles clear and free of clutter.
- Wear boots or shoes with appropriate non-skid soles and avoid wearing shoes with heels over one inch in the work area. Workers should wear shoes suitable for the conditions according to the hazards in the work area. The soles of shoes help increase the friction between the shoe and the floor surface.
- Floors should be properly cleaned. After cleaning the floor ensure that no “build-up” of slippery detergent or cleaning agent has accumulated.
- Alert employees to wet surfaces: Post signs and barricades in the area to warn of wet surfaces.
- Add traction aids to slippery surfaces or surfaces that are frequently oily or wet.
- Walking surfaces must be maintained in good condition, report broken tile, frayed carpet and uneven or cracked concrete.
- Give stairways special attention. Repair loose stair treads, broken floorboards, and unstable handrails.
- Immediately clean up any spills, water, or oil on steps.
- Never walk backwards on a roof or elevated surface.
- Install and use proper fall protection, safety devices and equipment when working on an elevated surface. When working on an elevated surface take extra caution to eliminate tripping hazards, avoid clutter and obstacles.

Preventing injuries due to slip, trip, and fall hazards is a team effort in which management and employees of all levels participate. Submit a Safety Suggestion with your ideas for preventing injuries due to slip, trip and fall hazards to your school administrator:

Employee Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name and Address of Location: \_\_\_\_\_

### Slip, Trip and Fall Injury Prevention Safety Suggestion:

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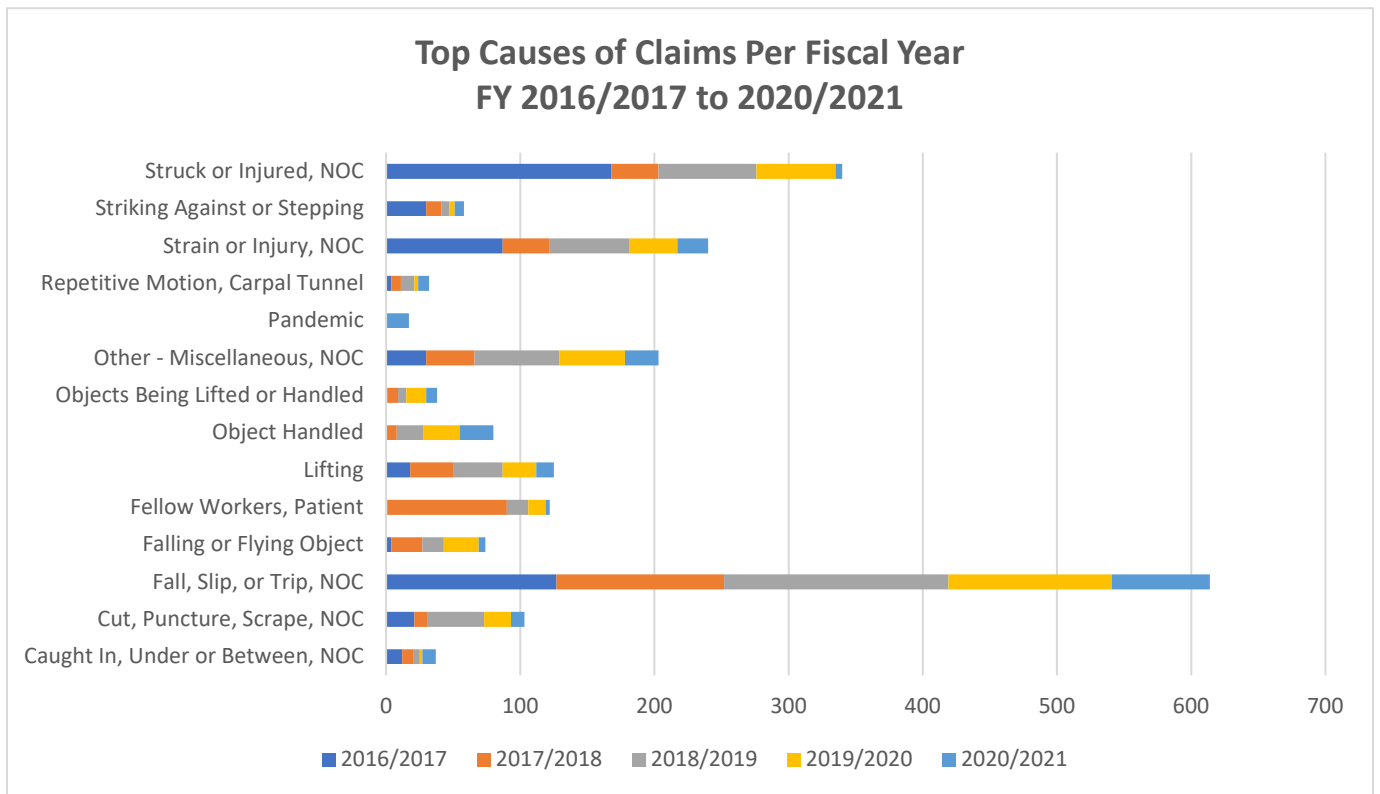
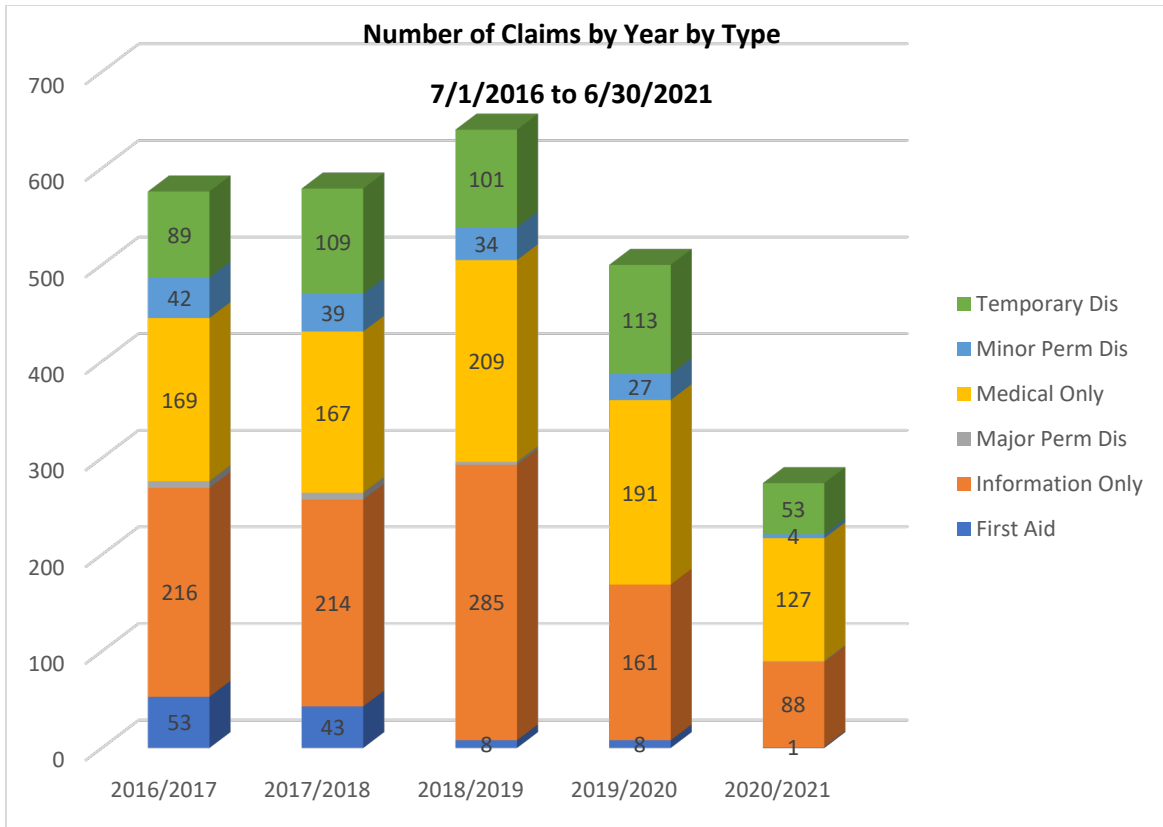
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# Current Incident Trends



## Regulation Updates

5/19/2021 SCHOOL FINANCING FOR COVID-19 TESTING: [School Financing for COVID-19 Testing \(ca.gov\)](#)

§3205. COVID-19 Prevention Plan was amended on 6/17/2021: [3205, COVID-19 Prevention](#)

June of 2021 - [Model Written COVID-19 Prevention Program](#)

7/12/2021 - K-12 school-based COVID-19 testing strategies for school year 2021-22 - [K-12 school-based COVID-19 testing strategies for school year 2021-22 \(ca.gov\)](#)

## Covid-19: California Department of Education, CDC and CALOSHA

As COVID-19 develops new variants states, counties, and cities are challenged with the need to implement measures to prevent exposure. Although many teachers and students (12 years and older) have been vaccinated, the Centers for Disease Control and Prevention (CDCs) continues to provide guidelines with efforts to mitigate exposure levels. Guidelines issued by the CDC recommend COVID-19 testing. As of March of 2021, the Federal government has implemented a new guidance clarifying that “health plans must cover COVID-19 diagnostic tests for asymptomatic enrollees who have no known or suspected exposure to COVID-19 when a licensed or authorized health care provider administers or has referred the enrollee for such a test.”

From a loss control perspective, COVID-19 testing alone is not an effective method for controlling the spread of the virus. The use of facemasks has been found to be effective in this effort. New guidelines issued by the CDC include the use of facemasks by students (whether vaccinated or not) while indoors. The guidelines also require that teachers and staff (whether vaccinated or not) use face masks while indoors any time students are present.

CalOSHA, through the Injury and Illness Prevention Program (IIPP) has also updated the COVID-19 Prevention Plan (CPP) requirements and has issued an updated written model.

Links to updates issued by the CDC, CDE and CalOSHA are included under the “Regulation Updates” tab.

## What’s new? & Training Announcements

### Need customized safety training?

#### Trainings that can be customized to meet your needs:

- Back Safety Training (1 hour)
- Bloodborne Pathogens (All - 1 hour)
- Bus Driver Ergonomics (Bus Drivers – 1 hour)

- Defensive Driving (All that drive on District business - 1 hour)
- Red Cross - First Aid, CPR & AED training (Blended training – combination of online and in person training)
- General Office Ergonomics (All employees – 1.5 hours)
- Hazard Communication, Your Right to know. (All employees - 1 hour)
- Heat Illness Prevention Training (Maintenance, Grounds, yard supervisors – 1 hour)
- Incident Investigation Training (Leadership – Managers and Supervisors and designated Incident Investigators)
- Injury and Illness Prevention Program Training (All employees – 1 hour)
- Inspections (Two hours – 30-minute classroom 1.5 physical audit at a school site.)
- Job Safety Analysis and Power Tools (JSA's) – (Custodians, Maintenance and Grounds – 1 hour)
- Personal Protective Equipment (Custodians, Maintenance and Grounds – 1 hour)
- Safety Committees (Everyone participating in the Safety Committee – i.e., Designated Safety Representative and Committee Volunteers, Management, Union Shop Stewards)
- Safety Culture and Team Building (1.5 hours) (Leadership – Managers and Supervisors)
- Safety Observation Training (All employees – 1 hour)
- Slip, Trip and Fall Prevention (All employees 30 Minutes)

## CALOSHA Guidelines and Other Resources

- CalOSHA Title 8: [Title 8 Search \(ca.gov\)](#)
- [DIR Coronavirus \(COVID-19\) Resources](#)
- June of 2021 - [Model Written COVID-19 Prevention Program](#)
- July 12, 2021 - COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year: [K-12 Guidance 2021-22 School Year \(ca.gov\)](#)
- CDPH - [guidance for face coverings \(ca.gov\)](#)
- CDPH – [Workplace Outbreak Employer Guidance \(for Employers\)](#) – *Posted* June 18, 2020
- COVID-19 Worker Protection Video – Worker Safety Message from the California Labor and Workforce Development Agency

**English** ([Video Transcript](#)) – *Posted* June 8, 2020

**Español** ([transcripción de video en español](#)) – *Posted* June 11, 2020

- Interim General Guidelines on Protecting Workers from COVID-19 – *Updated* May 14, 2020  
**English**
- Know Your Rights: Safe and Healthy Workplace in California Video – *Posted* Apr. 28, 2020

**English**



[Stronger Together: A Guidebook for the Safe Reopening of California's Public Schools](#)  
(PDF; 4MB; Added 08-Jun-2020)

**Ergonomics at home:** Ergonomics Job Safety Analysis (JSA) Click on the following link to access the Job Safety Analysis with instructions on how to set up your workstation at home, stretches and other helpful tips: <https://merma.org/wp-content/uploads/2020/08/Ergonomics-Workstation-Set-up-and-Body-Posture.pdf>

**Contact MERMA's Loss Control Manager  
for more information on customized safety training.**

Maria C. Hernandez Sandoval  
MERMA Loss Control Manager

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**831-296-9196**