

"Protecting human resources through safety prevention."

INSIDE THIS ISSUE

Slips, Trips, Falls
Distracted Driving
COVID-19 Safety
CPR, First Aid, AED
Safety Calendar

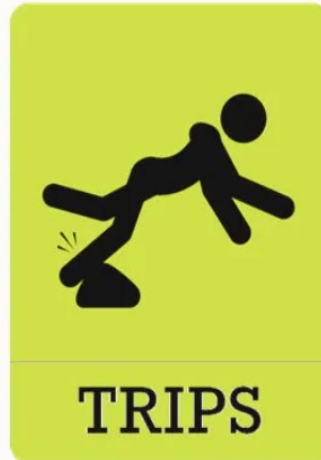
CONTACT INFO

David Bolton
Loss Control Manager
(831) 296-9196 cell
dbolton@merma.org

HELPFUL LINKS

www.merma.org
www.cdph.ca.gov
www.dir.ca.gov/dosh/

IMPACT OF SLIPS, TRIPS & FALLS



Preventing slips, Trips, & Falls

Slips and falls are one of the most frequent causes of accidents, both on and off the job. Each year in the United States, more than 300,000 people suffer disabling injuries from falls. Slips and falls can be fatal as well; they rank second only to automobile accidents, causing nearly 12,000 deaths a year. To avoid getting hurt from falls, avoid rushing and remember the following:

- **Watch where you walk** - Be aware of your surroundings, look for spilled liquids, and changing surface levels.
- **Wear proper footwear** - Shoes should be in good shape and appropriate for the job. Soles should never be worn smooth. Avoid leather or flat soled shoes when possible.
- **Be extra careful on stairs** - Watch your step and always use the handrails when going up and down the stairs.
- **Use stepstools and ladders when appropriate** - Do not stand on desks, chairs, or other objects. Always inspect stepstools and ladders before use.
- **Avoid carrying to many things** - Carrying too many objects with your arms can block your view of where you are walking and can limit your ability to grab a handrail or break your fall.
- **Use designated walk paths** - Taking shortcuts across the grass, or other areas can result in tripping and falling in sprinkler holes, gopher holes, or other hidden hazards.

If your district or department would like to schedule a training on how to avoid slips, trips, and falls, please contact David Bolton at dbolton@merma.org.



What is Distracted Driving?

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment, or navigation system – anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Educators and Employers

Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.



**American
Red Cross**
Training Services

CPR, First Aid, AED training

Have employees who need to get caught up on their CPR, First Aid, AED training? MERMA can help! The training is a hybrid of both online and practical training. The online training is about 3 hours and can be completed at your own pace. The practical training is about 2 hours and will need to be done in person. 12 participants per class maximum.

Contact David Bolton for additional details: dbolton@merma.org

COVID-19 Best Practices

COVID-19 has become a part of our everyday lives, and there is no sign of the virus or its impact disappearing anytime soon.

While the face covering mandate may have been lifted, it's still important to follow the best practices for protecting yourself and others.

Screen Daily before going to work - Stay home if you have any COVID-19 symptoms or if you have tested positive. If you believe you have been in close-contact with a COVID-19 positive person, contact your supervisor for an assessment.

Social Distance - Keep 6 feet of more of social distance when possible. This may prevent a close-contact scenario.

Disinfect and or wash your hands regularly - Disinfect your workstation daily and wash your hands throughout the day, and especially before eating.

Wear a face covering indoors- Face coverings are still required indoors for schools and transportation (i.e. buses, airports, airplanes)

Get Vaccinated - MCOE provides all members with free resources for vaccines, boosters, and COVID-19 testing.

April Safety Observance Calendar

April	Distracted Driving Awareness Month	National Safety Council	nsc.org/justdrive
April	National Youth Sports Safety Month	Stop Sports Injuries	stopsportsinjuries.org
April 6	National Walking Day	US Department of Transportation	trafficsafetymarketing.gov
April 3-9	National Window Safety Week	Window Safety Task Force	nsc.org
April 4-10	National Public Health Week	American Public Health Association	nphw.org
April 7	World Health Day	World Health Organization	who.int
April 11-15	National Work Zone Awareness Week	American Traffic Safety Services Association	atssa.com
April 25-29	National Playground Safety Week	National Program for Playground Safety	safeatplay.org
April 28	Workers' Memorial Day	American Federation of Labor & Congress of Industrial Organizations	afcio.org