



# The **MERMA Monthly**

August 2022

*"To protect the human resources and financial assets of our member districts in order to support the future of public education"*

## INSIDE THIS ISSUE

eBackSafe® for Teachers  
Site Safety Inspections  
Parking Lot Safety  
Safety Calendar

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## HELPFUL LINKS

[www.merma.org](http://www.merma.org)

[www.dir.ca.gov/dosh/](http://www.dir.ca.gov/dosh/)

[Schedule an Ergo  
Evaluation](#)

## eBackSafe® for Teachers & Paraeducators

We are excited to offer eBacksafe® virtual injury prevention program designed specifically for teachers and paraeducators. **Segments of the virtual safety training were customized and filmed locally to ensure that real-life wellness scenarios were addressed.**

FIT has been in business for 30 years helping school districts and other organizations throughout the US protect the health and wellbeing of employees. It was discovered that fatigue, discomfort, pain, and injuries are often caused by something called Cumulative Micro Trauma and that when employees learned how to prevent it, their quality of life at work and at home improved dramatically.

If you are looking for strategies to improve culture, moral, staffing, and safety, this is a great program that is free to our member districts.

Contact me directly for details about enrolling your teachers and paraeducators in this virtual training program.



## Site Safety Inspections:

When was the last time your schools, offices, parking lots, and maintenance shops had a site safety inspection? Periodic safety inspections are required as part of your IIPP and MERMA Loss Control can assist you with this task.

Site Safety inspections will be conducted by MERMA Loss Control and will include a comprehensive report of hazards identified and steps you can take to abate the hazards. The report will also include the severity of the hazard and photos. A Site Safety inspection can help identify:

- Fire Hazards
- Trip & Fall hazards
- Electrical Hazards
- Environmental concerns
- Health hazards
- Liability concerns
- Compliance & Regulatory deficiencies
- Security deficiencies

Site Safety inspections are most successful when accompanied by a facilities or safety employee. Being proactive with site safety inspections can also help prevent injuries and accidents before they occur.

## Parking Lot Safety

Parking lots are riskier than you think. Tens of thousands of crashes occur in parking lots and garage structures annually, resulting in hundreds of deaths and thousands of injuries. And, around the holidays, parking lots become even more dangerous.



Safety isn't guaranteed just by driving slowly in parking lots. The following are some safety tips for drivers:

- Stay in lanes and avoid cutting across lots
- Drive slowly and use directional signals
- Anticipate the actions of other drivers
- Obey stop signs and no-parking signs
- When backing out, be mindful of vehicles and pedestrians
- Watch for small children and parents with baby strollers

In addition, ensure that your parking lots are inspected periodically to identify hazards prior to injuries or accident taking place. Hazards may include the following:

- Uneven surfaces
- Pedestrian walk-paths absent or need repainting
- Parking lot lines need repainting
- Cracks or potholes
- Lighting deficiencies
- Speed limits not established
- Trees that block visibility or need trimming

## Schedule an ergonomic assessment for new employees!



When hiring new employees, it's important to help set them up for success. This is especially true in regards to their workstation and ergonomic set-up. M.E.R.M.A. offers free ergonomic assessments for your new employees, or for employees who have recently changed workstations.

To schedule a workstation evaluation, email David Bolton at [dbolton@merma.org](mailto:dbolton@merma.org).

### Safety Calendar for August

August	National Immunization Awareness Month	Centers for Disease Control & Prevention	<a href="http://cdc.gov">cdc.gov</a>
August	Back to School Month	National Safety Council	<a href="http://nsc.org">nsc.org</a>
August	Drive Sober or Get Pulled Over	National Highway Traffic Safety Administration	<a href="http://nhtsa.gov">nhtsa.gov</a>
Aug. 1-7	Stop on Red Week	National Coalition for Safer Roads	<a href="http://ncsrsafety.org">ncsrsafety.org</a>
Aug. 15-21	Safe+Sound Week	OSHA	<a href="http://osha.gov">osha.gov</a>
Aug. 31	International Overdose Awareness Day	Penington Institute	<a href="http://overdoseday.com">overdoseday.com</a>